

Size: 170 x 55mm  
Color: PMS 448c + PMS 406c

Timberland®



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15378J  
INSTRUCTION MANUAL

Size: 170 x 55mm  
Color: PMS 448c

ENGLISH

## FEATURES



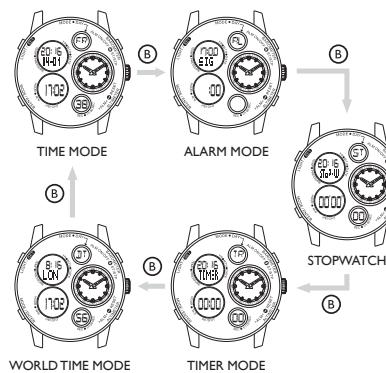
- Altimeter, Barometer, Thermometer, Weather forecast
- Dual time, with both analog and digital displays
- 5 Alarm sets, one set has snooze function
- Hourly chime
- Countdown timer
- Stopwatch with 20 laps record
- World-time with 28 zones and DST
- ELback-light (Press the Key-A to turn on the back-light for 3 seconds)

## ANALOG WATCH SETTING

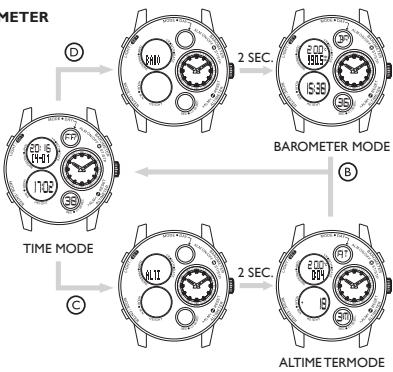


- Pull the crown and turn to adjust the hands.
- Push back the crown after the setting.

## DIGITAL MODE



#### **BAROMETER & ALTIMETER**



#### **DIGITAL TIME SETTING**



- Press and hold Key-A to enter the time setting mode.
- When enter the time setting mode, TIMEZONE is flashing for adjusting.
- Press Key-B to select the value to adjust, the setting sequence is:  
TIMEZONE > DST > SECOND > HOUR > MINUTE > YEAR > MONTH > DATE > 12/24 HOUR FORMAT.
- Press Key-C and Key-D to adjust the value, press Key-B to confirm and change to set the next item.
- The setting mode will be ended by pressing the Key-A once, or leave it for 1 minute without any key operation.

#### **ALARM MODE**

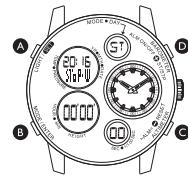


- When "SIG" is shown, press Key-D to toggle On/Off of hourly chime, "CHM" will be shown when the chime is On.
- Press Key-C to select among the alarm, the sequence is: SIG > AL > A2 > A3 > A4 > A5.
- In each alarm, press and hold Key-A for 2 seconds to enter the setting mode.
- When in the setting mode of AL, the setting sequence is: Hour > Minute.
- Press Key-B to toggle Hour / Minute.

#### **ALARM MODE (cont')**

- For the A2-A5, the sequence is: Month > Date > Hour > Minute.
- Press Key-C and Key-D to reduce and increase the value respectively.
- For annual alarm, all value must be set. For monthly alarm, set the Month value to blank "-". For daily alarm, only set the Hour and Minute values is needed.
- Press Key-A to end the setting mode, or leave it for 1 minute without any key operation.
- After the alarm is set:
  - for the A1, press Key-D to toggle the alarm On "ALM" / Snooze "SNZ" / Off respectively. The related icons "ALM" and "SNZ" will be shown accordingly. (Snooze function is available only for the "AL" alarm.) When the Snooze is set, the alarm will ring 20 seconds in every 5 minutes, for total 5 times.
  - for the A2-A5, press the Key-D to toggle the alarm On / Off (the "ALM" icon will be shown accordingly)
- When alarm time is reached, it will ring and the "ALM" icon will be flashing for 20 seconds, it can be stopped by pressing any keys.

### STOPWATCH



- The maximum counting time for the stopwatch is 23 hours 59 minutes and 59 seconds.
- Press Key-D to start and stop counting. When stopped, press Key-C key to reset.
- When it is counting, press Key-C to take Lap time, there are maximum 99 Laps.
- Press and hold Key-A for 2 seconds to check the Lap time (only if a Lap is recorded).
- Press Key-D and Key-C to review the Lap time in ascending or descending order respectively.
- To exit the Lap review mode press and hold Key-A for 2 second or just press Key-B.

### COUNTDOWN TIMER



- The maximum counting time for the timer is 99 hours 59 minutes and 59 seconds.
- Press and hold Key-A for 2 seconds to enter the setting mode. The setting sequence is: Hour > Minute > Second > "Loop counting" (When Loop counting is selected, the "O" icon will be shown, the counter will continue counting after it reached to zero.)
  - Press Key-C and Key-D to adjust the value in descending and ascending order respectively. Press Key-B to confirm and change to set the next item.
  - Press Key-A to exit the setting mode.
  - Press Key-D to start and stop counting. When stopped, press Key-C key to reset.
  - When the counter reached to zero, it will ring for 30 seconds.

### WORLD TIME MODE

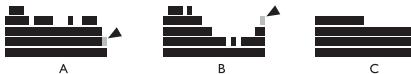


- There are 28 time zones available to be selected.
- Press Key-D and Key-C to change the time zone in ascending and descending order respectively.
- Press and hold Key-A to turn On and Off the DST for the selected time zone.

### BAROMETER



- Press Key-D to toggle the display of pressure figure or the chart of previous 24 hours.



#### Weather forecast:

- A - If the chart is going down, the weather is probably worst than now.
- B - If the chart is going up, the weather is probably better than now.
- C - If the chart is stable, the weather is probably unchanged.

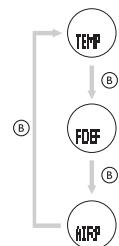
## BAROMETER

Change the units for the temperature and pressure:

- Press and hold the Key-D for 2 seconds will change the combination of the units, the sequence is:  
**C, hpa/mb > C, inHg > F, hpa/mb > F, inHg**
- In the mode, the sensor will check and update the data once per second. If no key press within 1 minute, it will return to Time Mode.
- The pressure measuring range is 300 - 1100 hpa/mb, or 8.84 - 32.44 inHg.
- The temperature measuring range is -10 - 60C, or 14 - 140F.
- If the condition is out of the measuring range, it will show the "HI" or "LO" respectively.

## CALIBRATION OF BAROMETER

- In Barometer mode, press and Hold Key-A for 2 seconds to enter the calibration mode.
- Press Key-B to select the setting items; TEMP > FDEF > AIRP.



Calibrate the temperature:

- Press Key-C/D to start the calibration, the sequence is: +/- > each numbers.
- Press Key-C/D to input the value, press Key-B to change the item to edit.
- Press Key-A to end the setting.

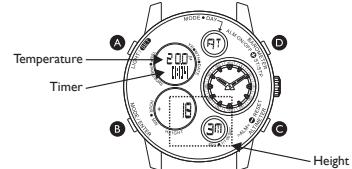
Reset to the factory setting of pressure:

- Press Key-C/D to toggle to use factory setting (1010.00mb); "YES" or "NO"
- Press Key-A to confirm and end the setting.

Calibrate the pressure:

- Press Key-C/D to input the value of each number, press Key-B to change the item to edit.
- Press Key-A to confirm and end the setting.

## ALTIMETER



- When enter the Altimeter mode, the timer counter started automatically, press the Key-D to start / stop the timer. When the timer is stopped, press the Key-C to show the speed of climbing (min/height).

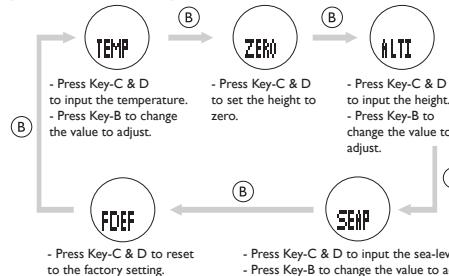
Note: the speed can be shown only if the climbing distance is over 10M.

Change the units for the temperature and height:

- Press and hold the Key-C for 2 seconds will change the combination of the units, the sequence is:  
**C, M (meter) > C, F (feet) > F, M (meter) > F, F (feet)**

## CALIBRATION OF ALTIMETER

- In Altimeter mode, press and Hold Key-A for 2 seconds to enter the calibration mode.
- Press Key-B to select the setting items; TEMP > ZERO > ALTI > SEAP > FDEF
- Press Key-A to confirm and end the setting mode.



- Press Key-C & D to input the temperature.  
- Press Key-B to change the value to adjust.

- Press Key-C & D to set the height to zero.  
- Press Key-B to change the value to adjust.

- Press Key-C & D to input the height.  
- Press Key-B to change the value to adjust.

- Press Key-C & D to reset to the factory setting.  
- Press Key-B to change the value to adjust.

- Press Key-C & D to input the sea-level pressure.  
- Press Key-B to change the value to adjust.

**ALTIMETER**

- In the mode, press Key-C to show the current time for 5 seconds.
- Press Key-B to return to the Time mode.
- In the mode, the sensor will check and update the data once per 5 second in the first 3 minutes. After 3 minutes, the sensor will check the data for every 2 minutes.
- In Altimeter mode, if no key press within 1 minute, it will return to Time Mode.
- The pressure measuring range is 300 - 1100 hpa/nb, or 8.84 - 32.44 inHg.
- The temperature measuring range is -10 - 60 C, or 14 - 140 F.
- The pressure measuring range is: -700 - 9000 M, or -2300 - 30000 F.
- If the condition is out of the measuring range, it will show the "HI" or "LO" respectively.

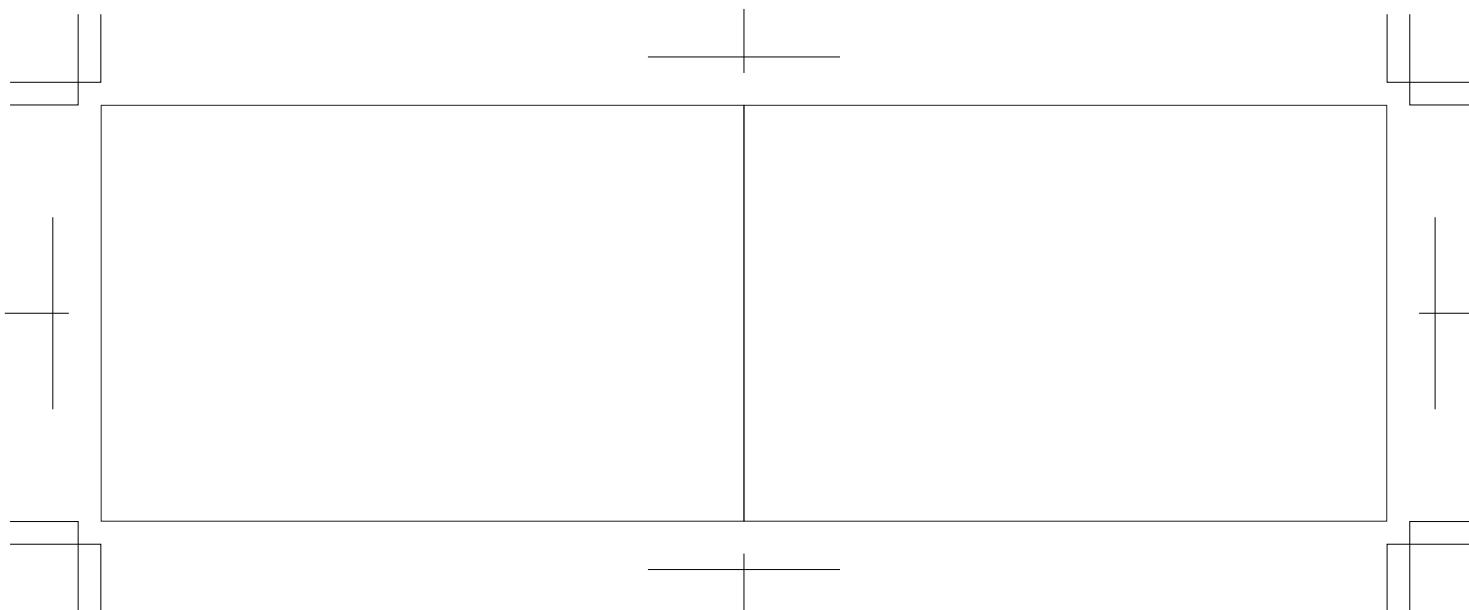
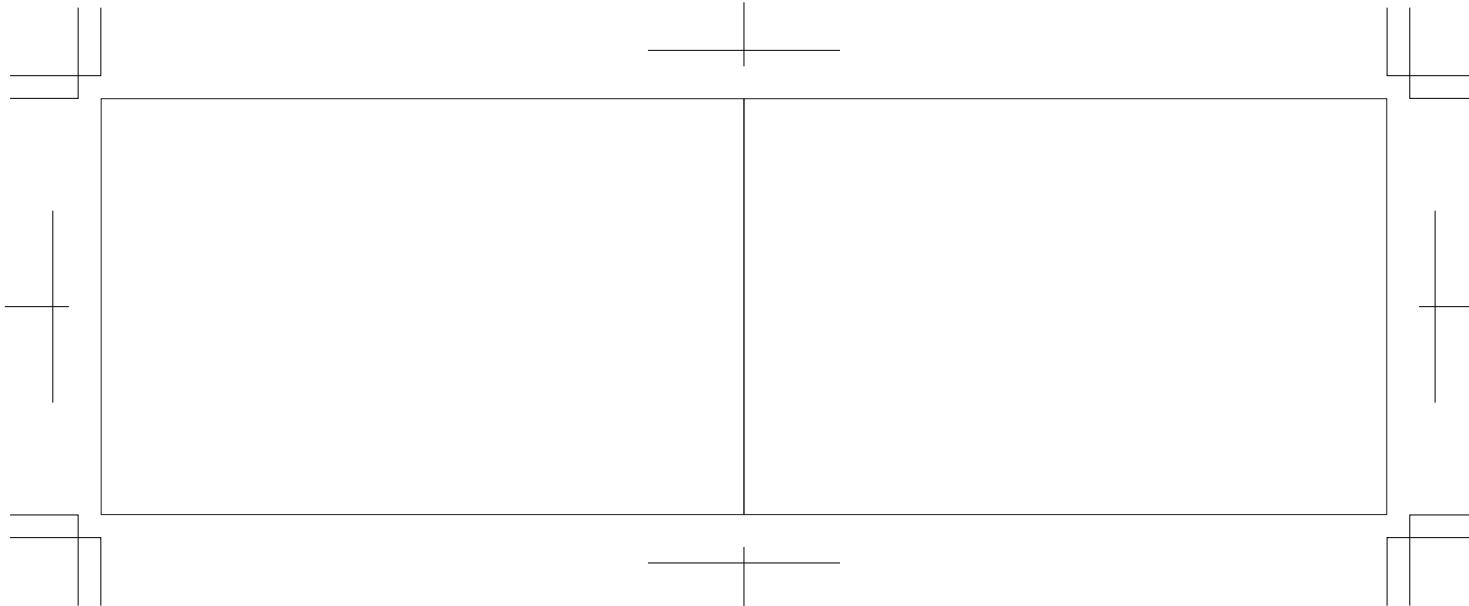
**Special Note:**

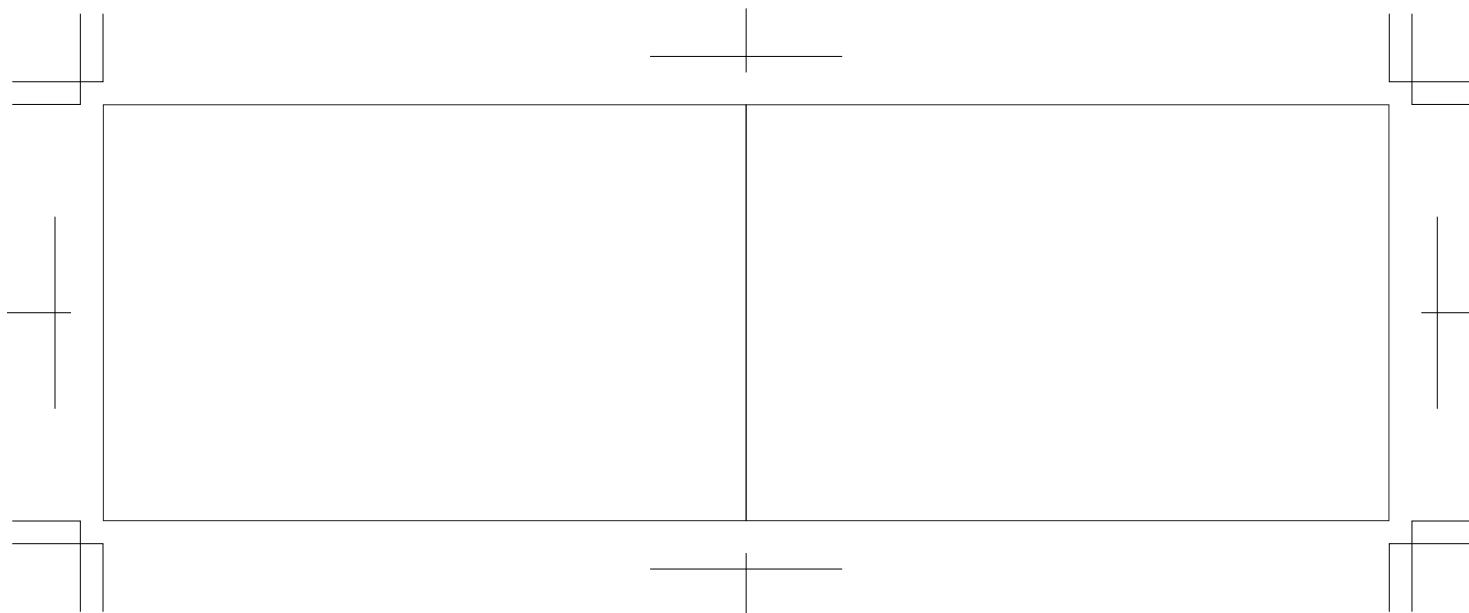
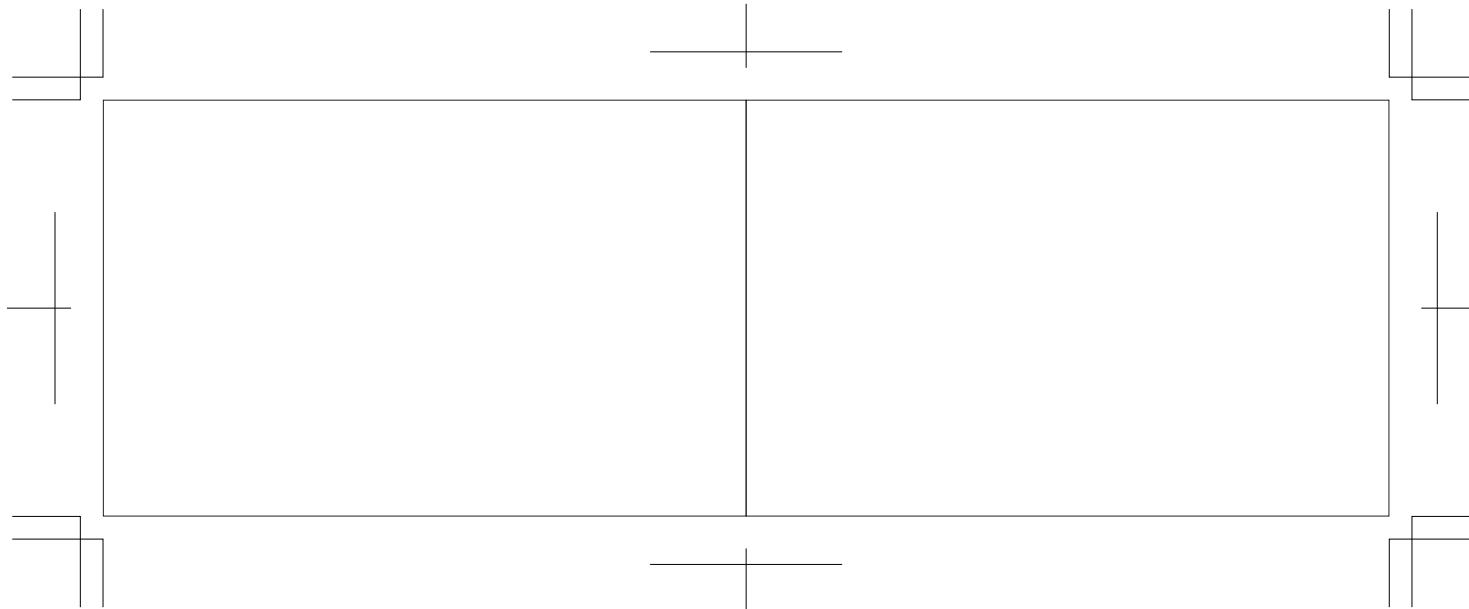
- The result will be affected by the following condition: sudden change of weather and temperature, strong impact on the watch.
- For accurate check of height, it is suggested to wear the watch on the wrist, in order to maintain a stable temperature.
- For accurate check of temperature, it is suggested to take off the watch from the wrist, place the watch away from sun shine, and leave it for 20-30 minutes.

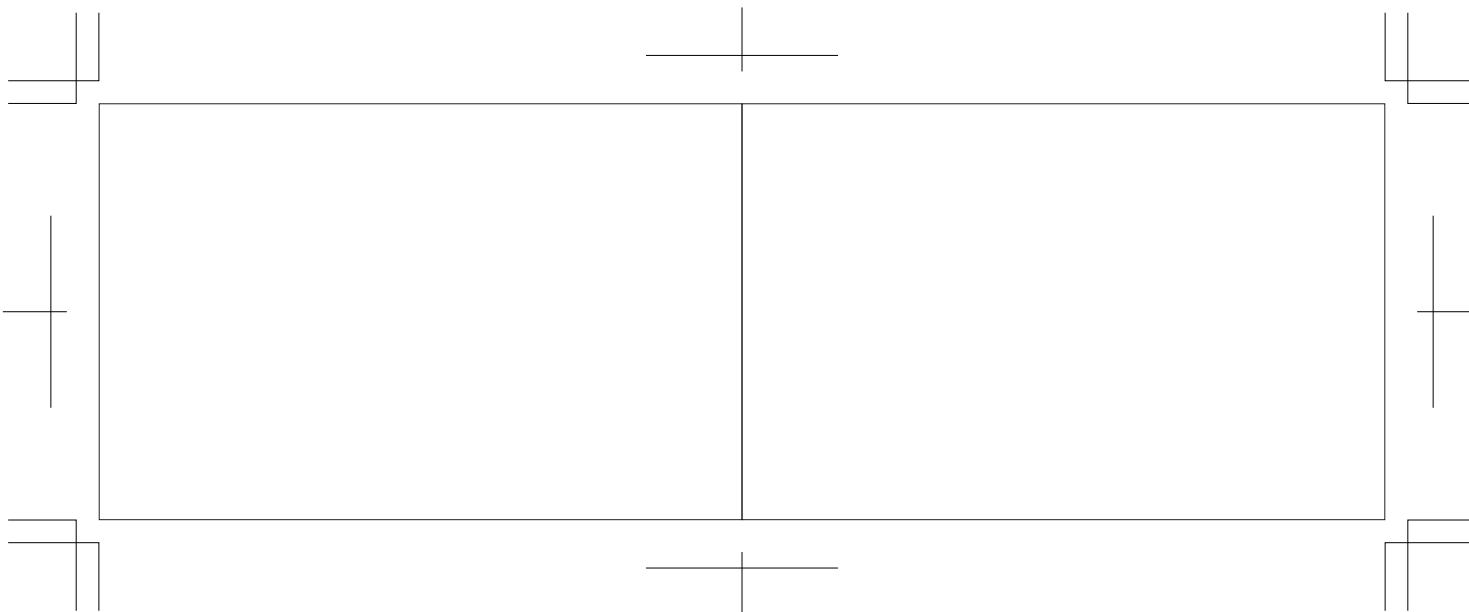
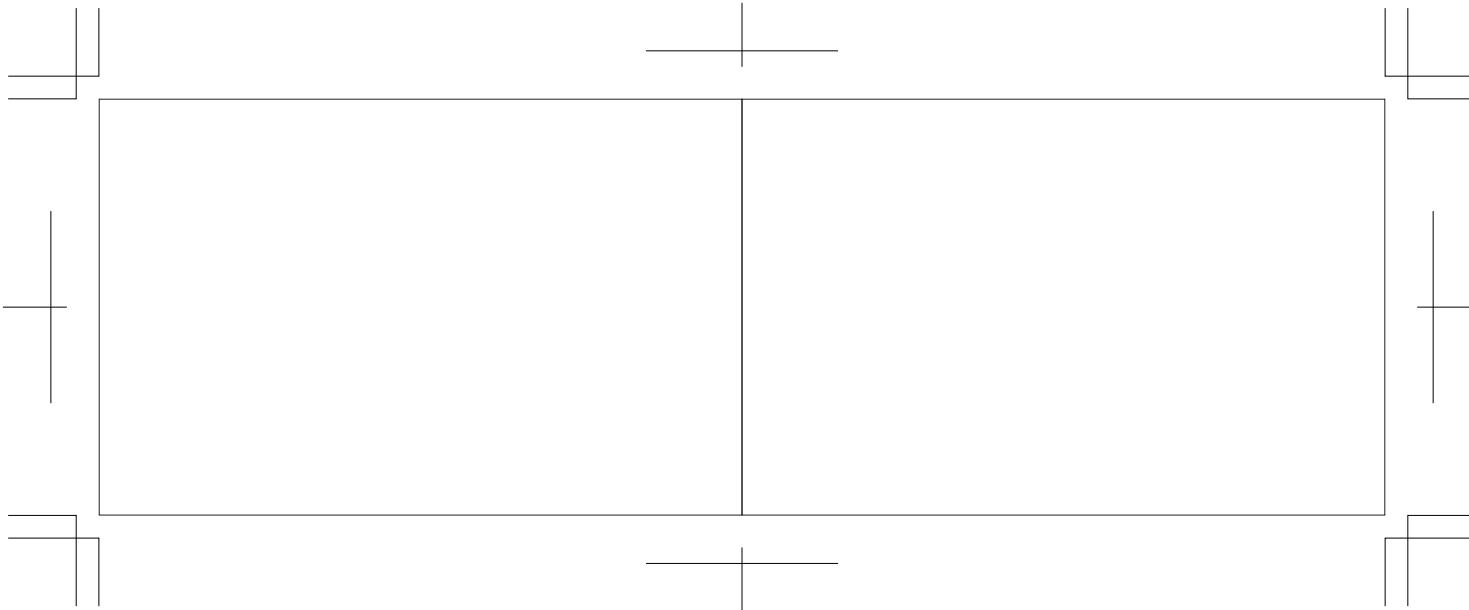
**SPECIFICATION**

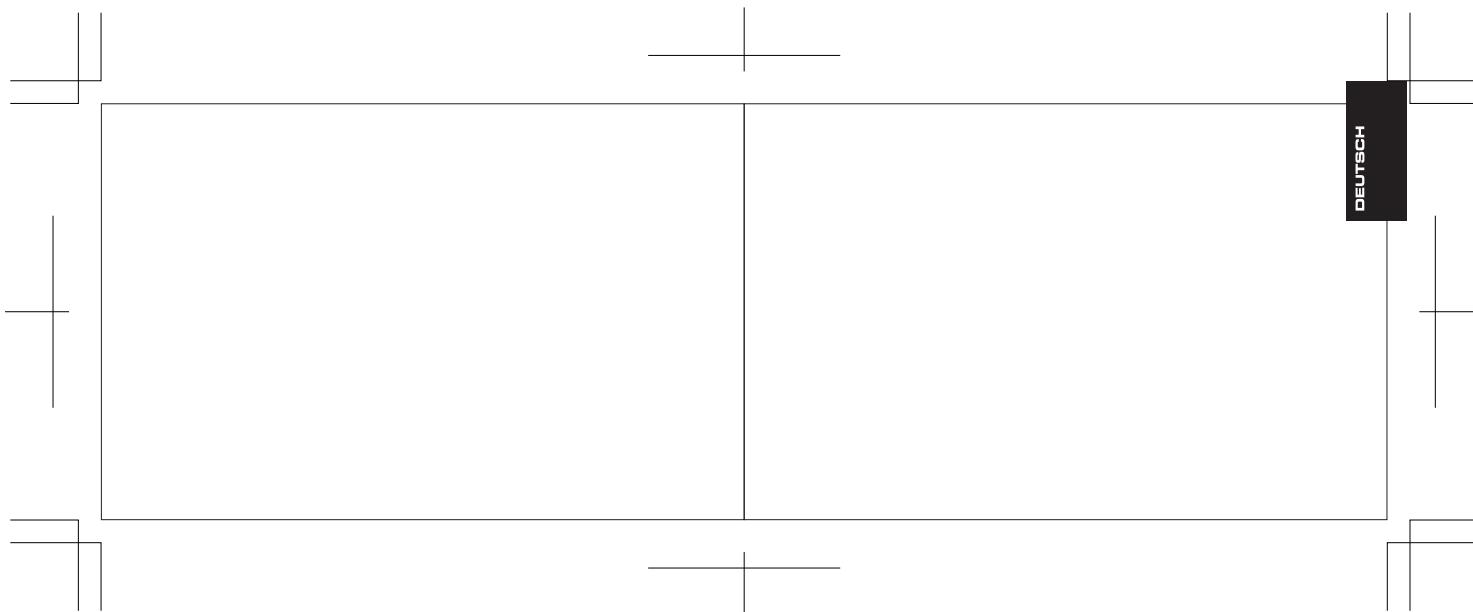
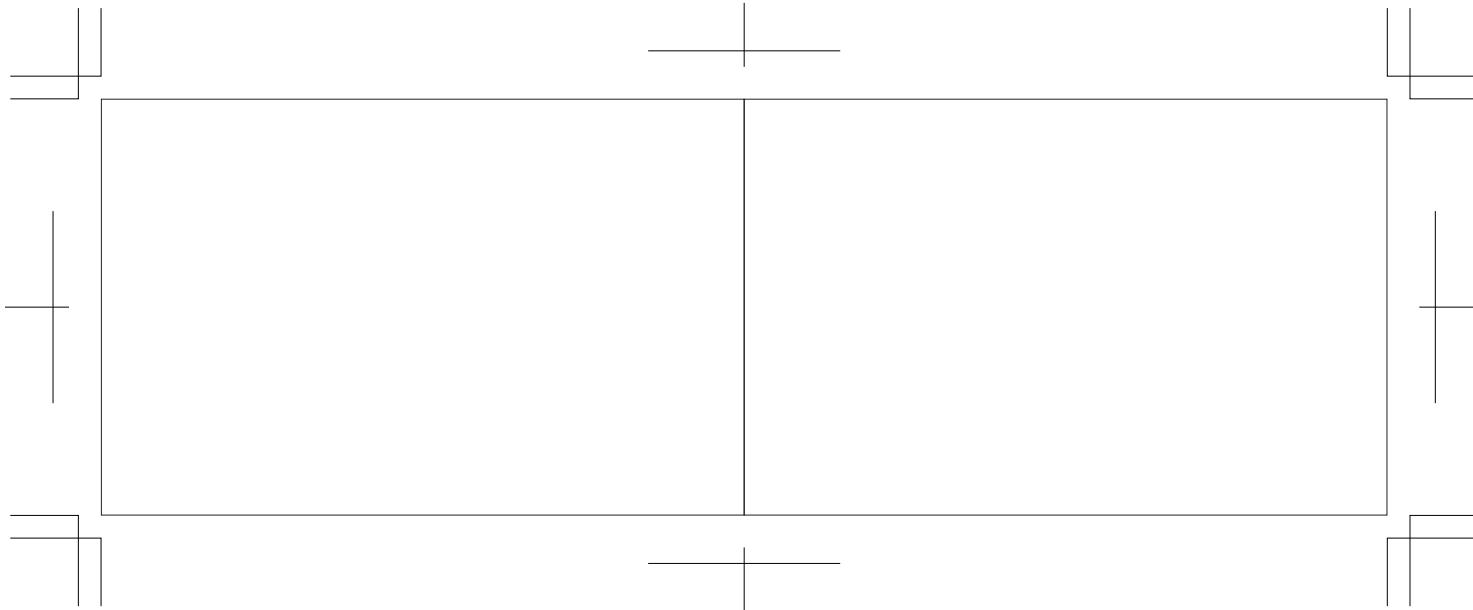
Case size : 51 X 58 X 14 MM (W x L x D)  
Water resistance : 3 ATM  
Battery life : 24 months (in the condition of using barometer and altimeter sensor once per month for 6 hours, 3 seconds EL backlight per day, 20 seconds alarm once a day)  
Battery types : CR2032, SR626SW  
Working temperature : -10C ~ 60C  
Time tolerance : ± 60 seconds / month  
Temperature tolerance : ± 2C (-10C ~ 60C)  
Height tolerance : ± 5M (-10C ~ 40C)  
Pressure tolerance : ± 3mb (-10C ~ 40C)

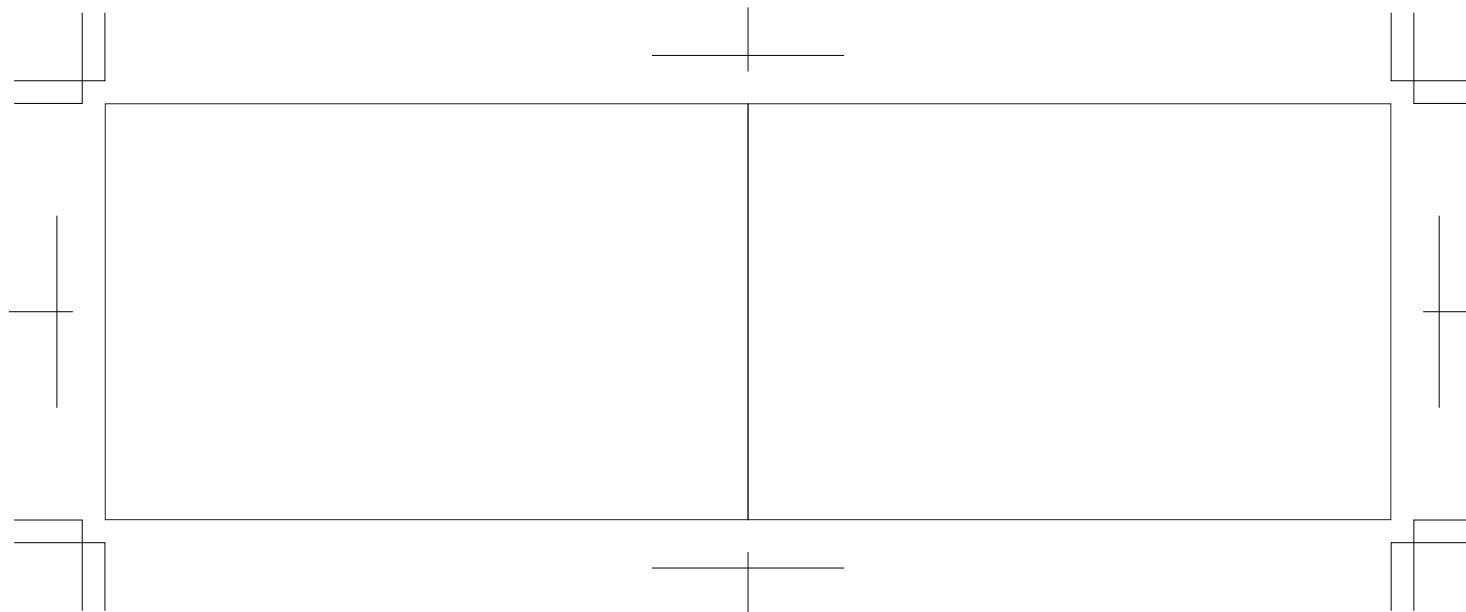
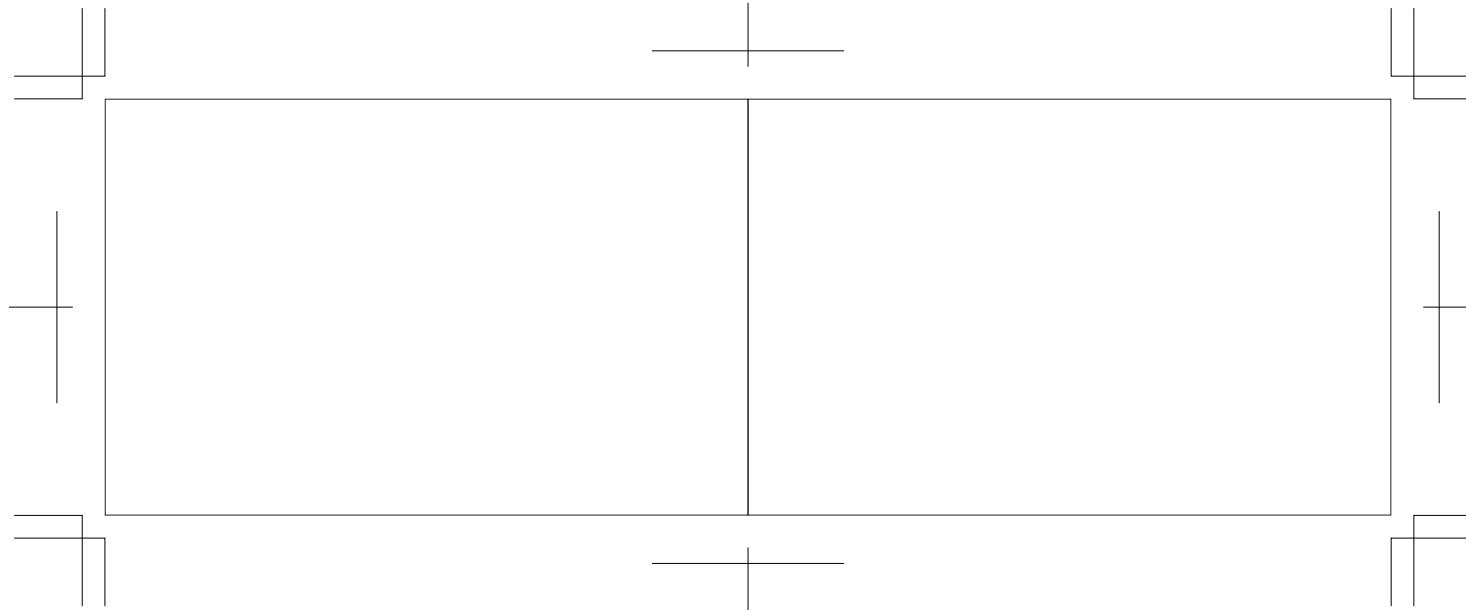
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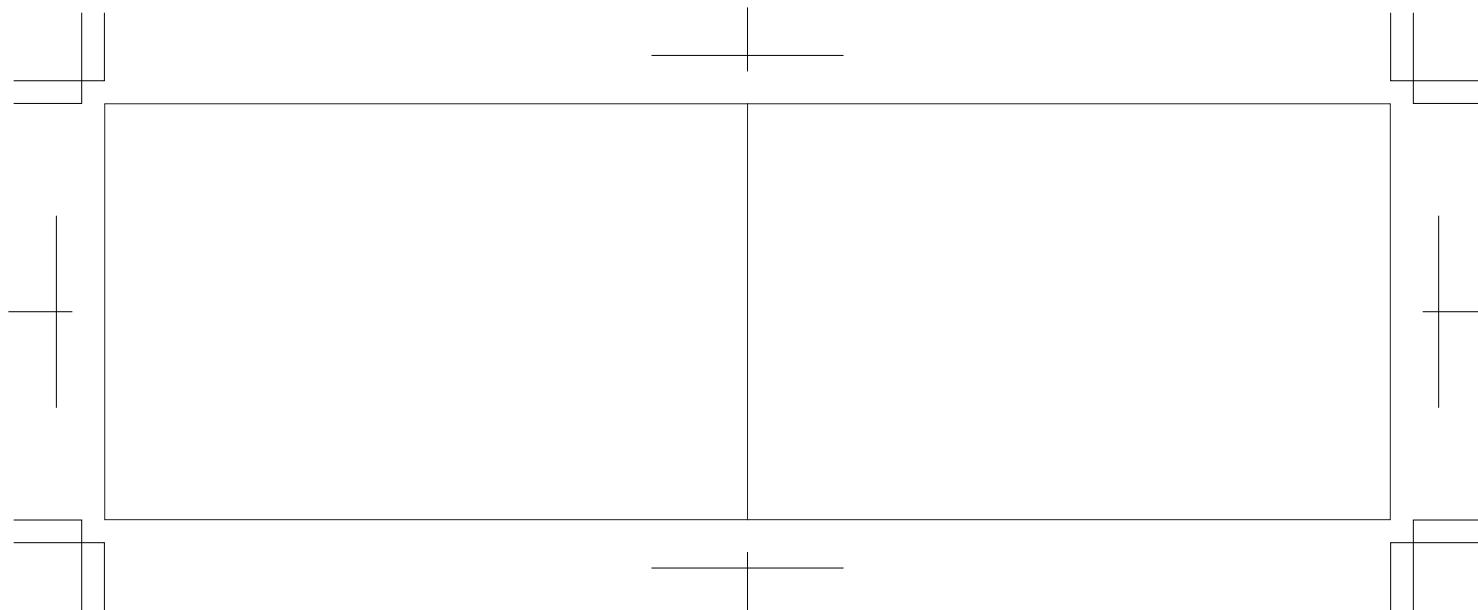
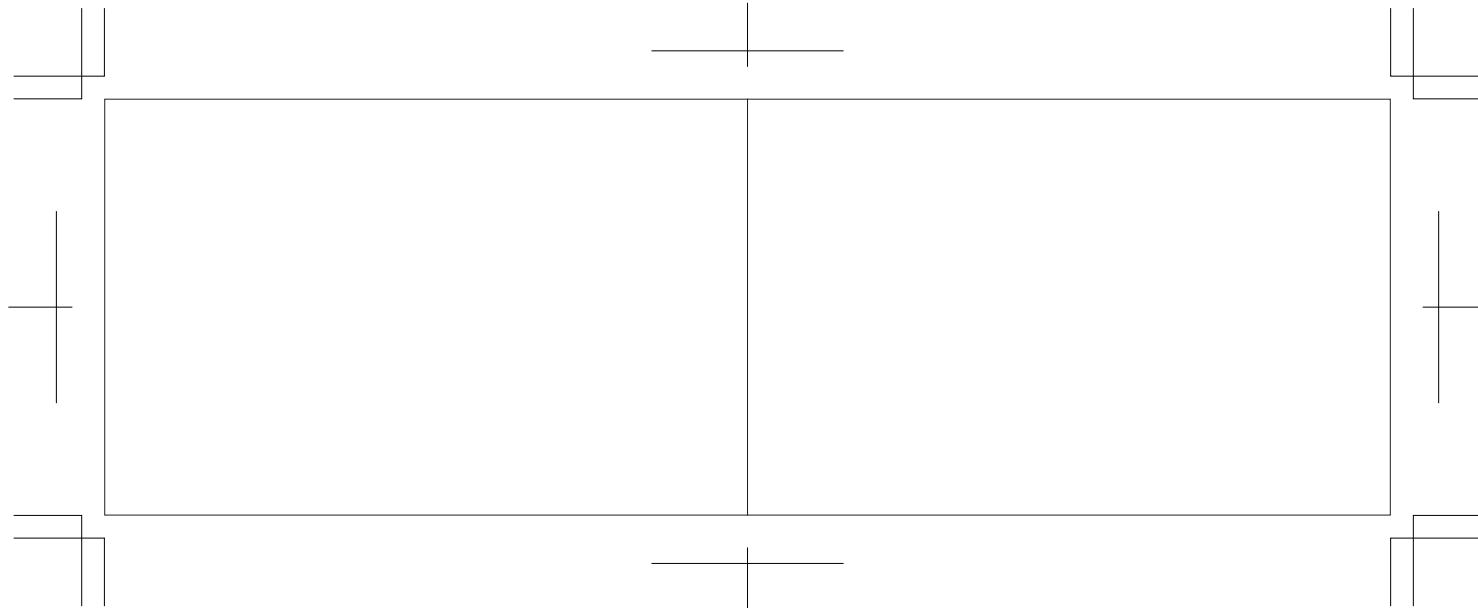


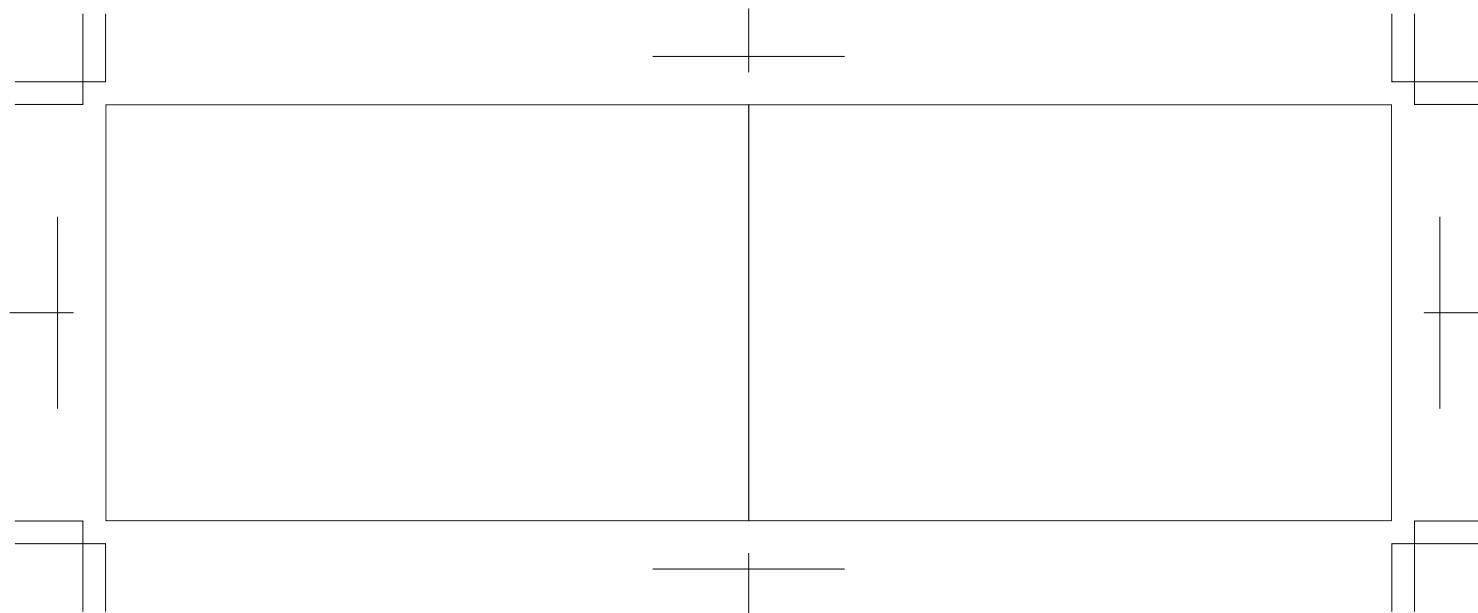
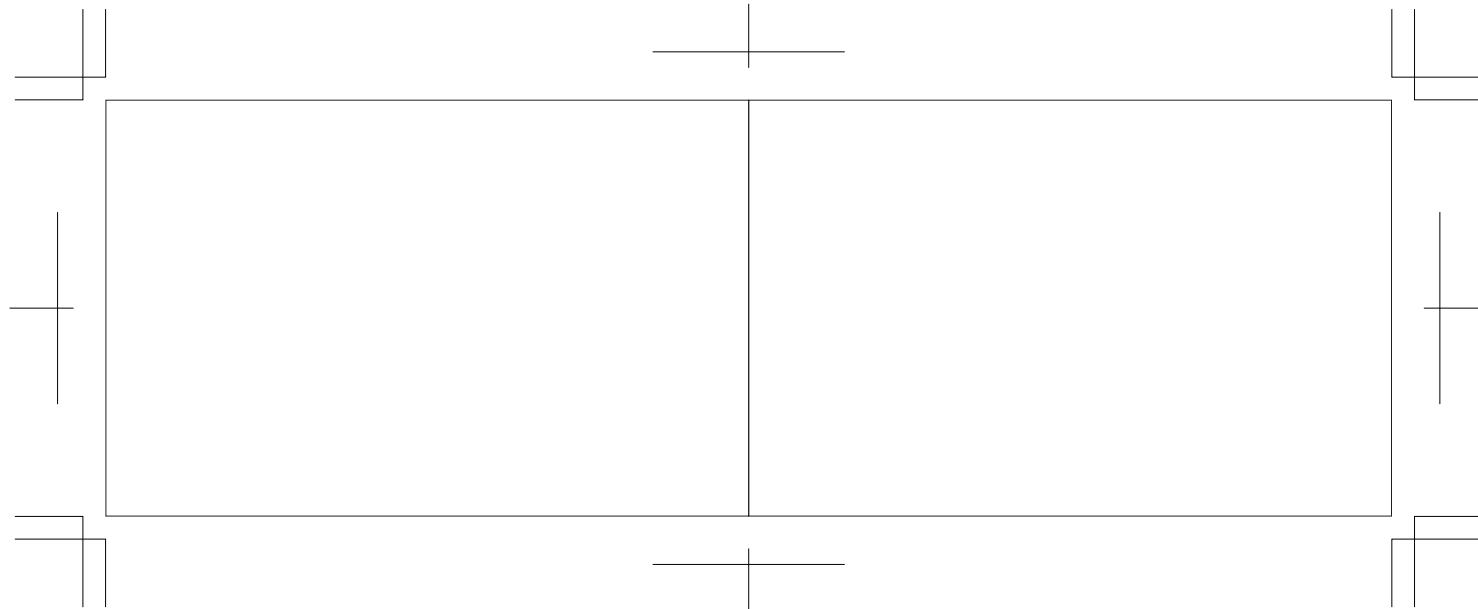


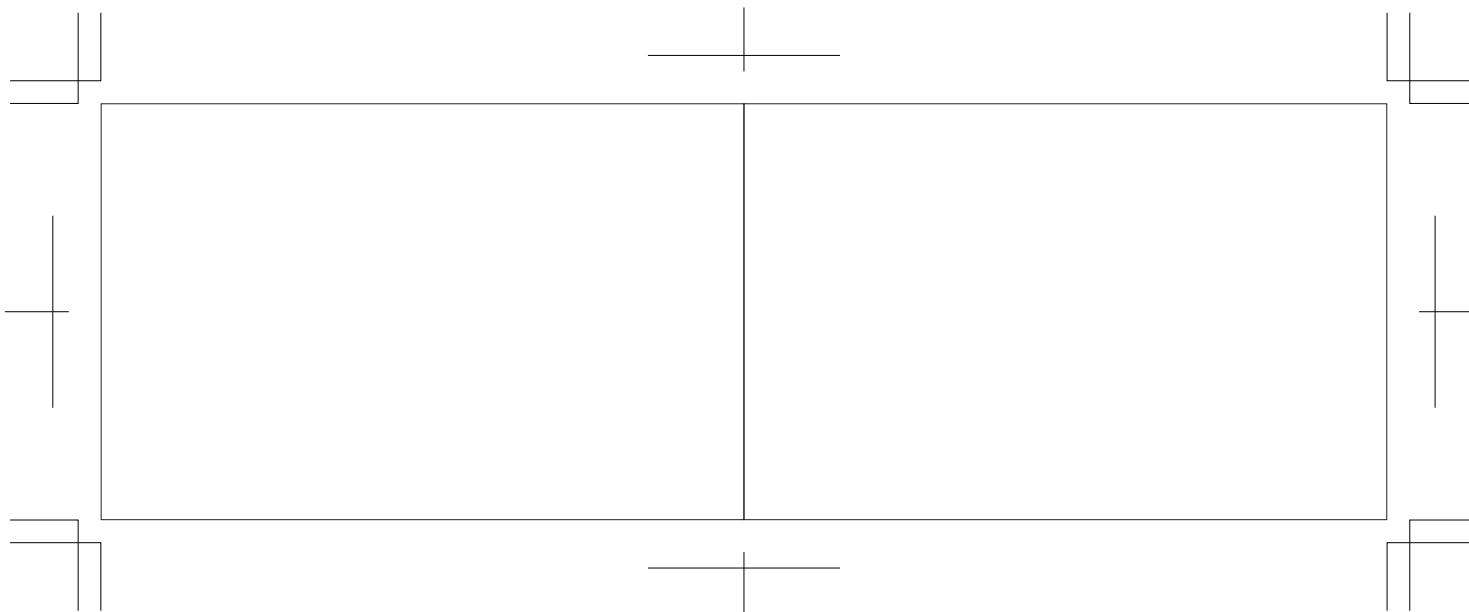
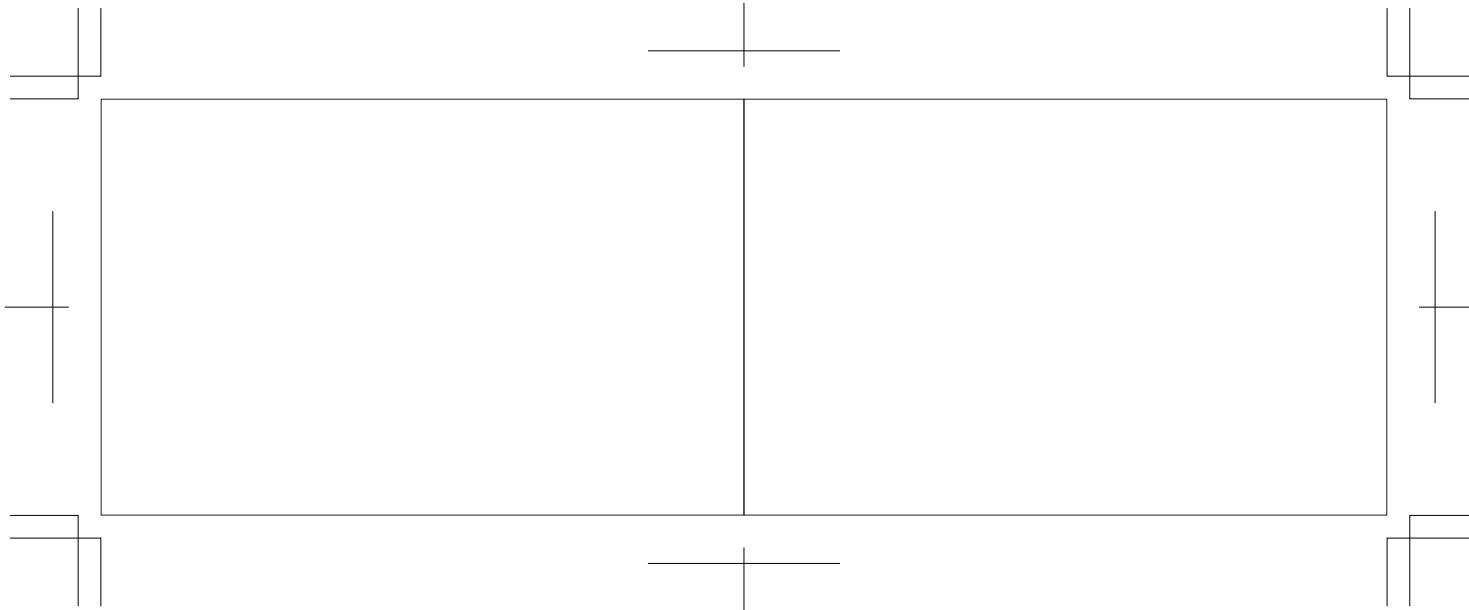




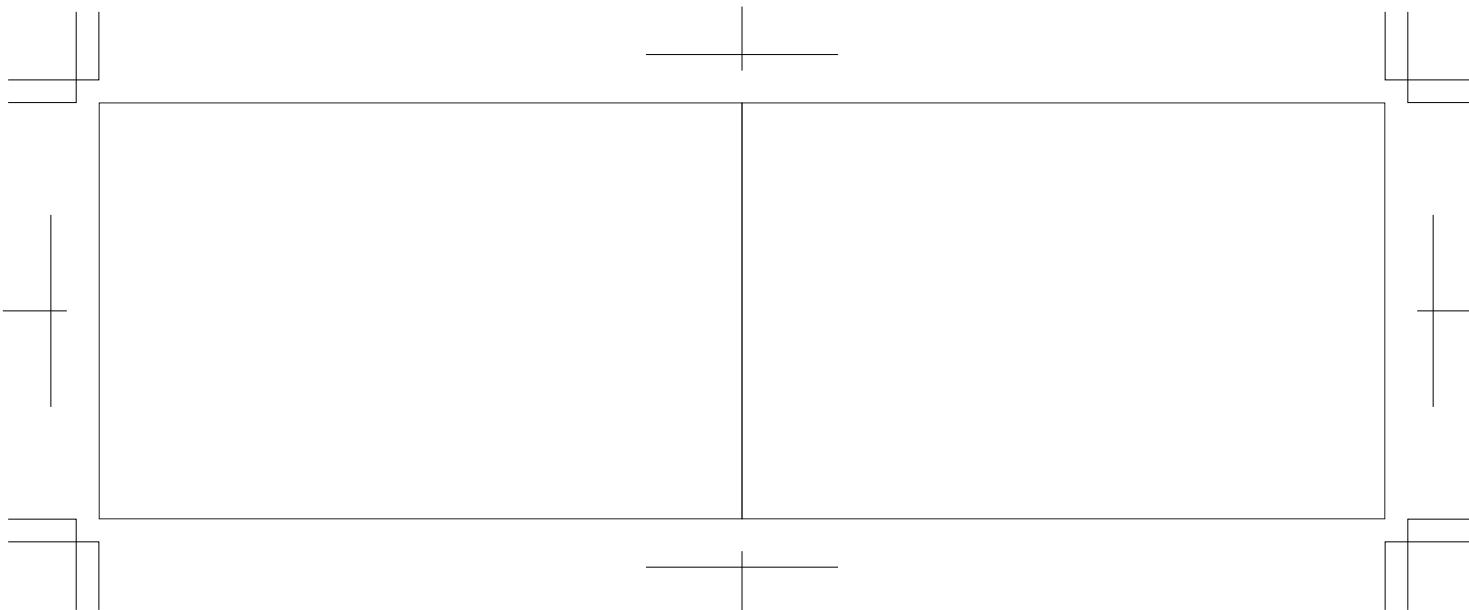
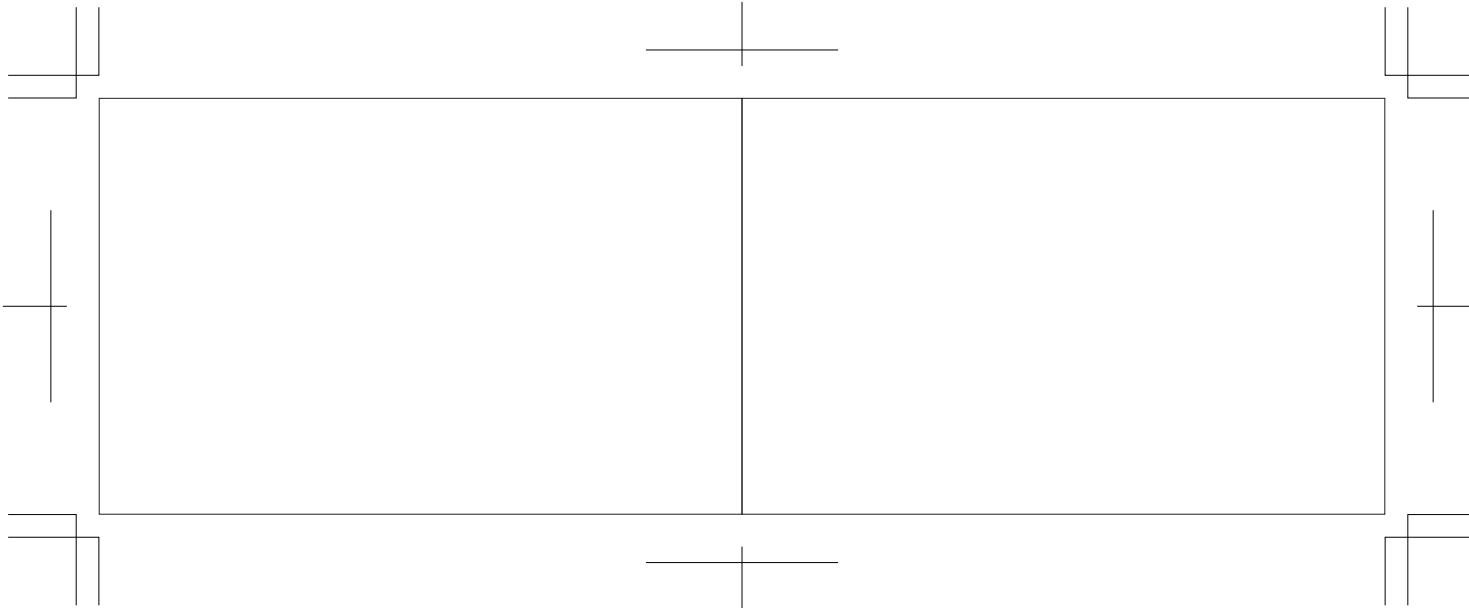


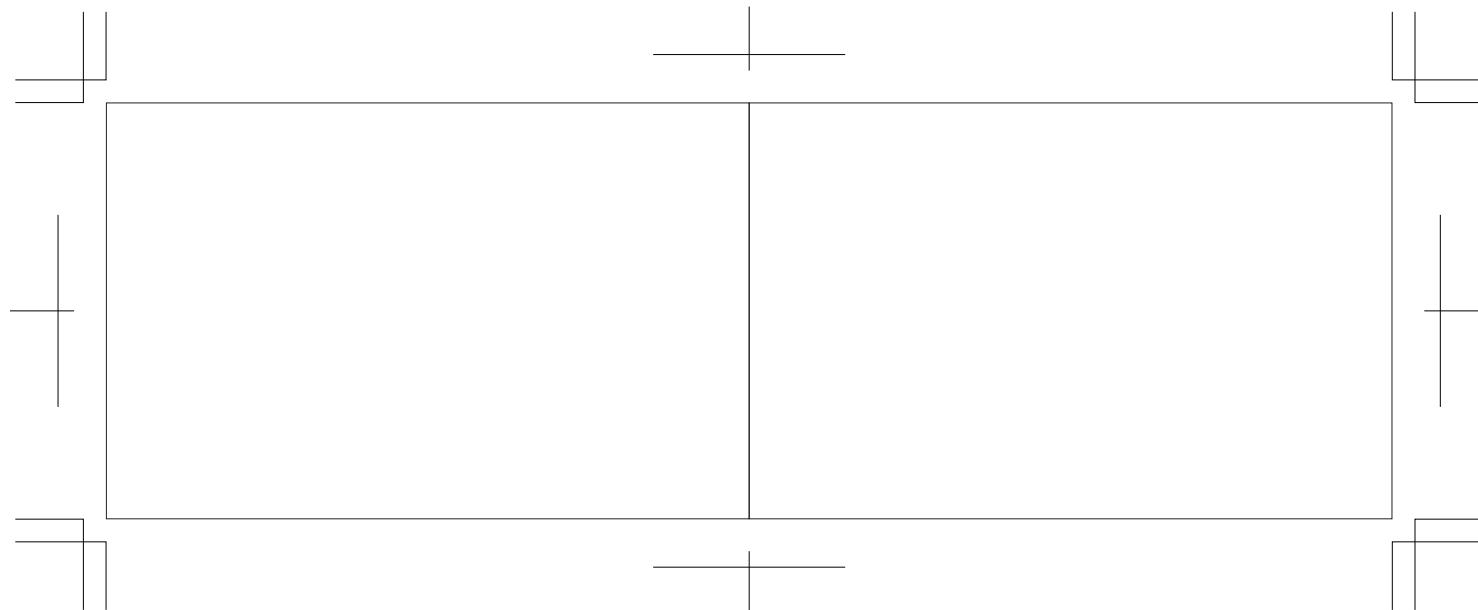
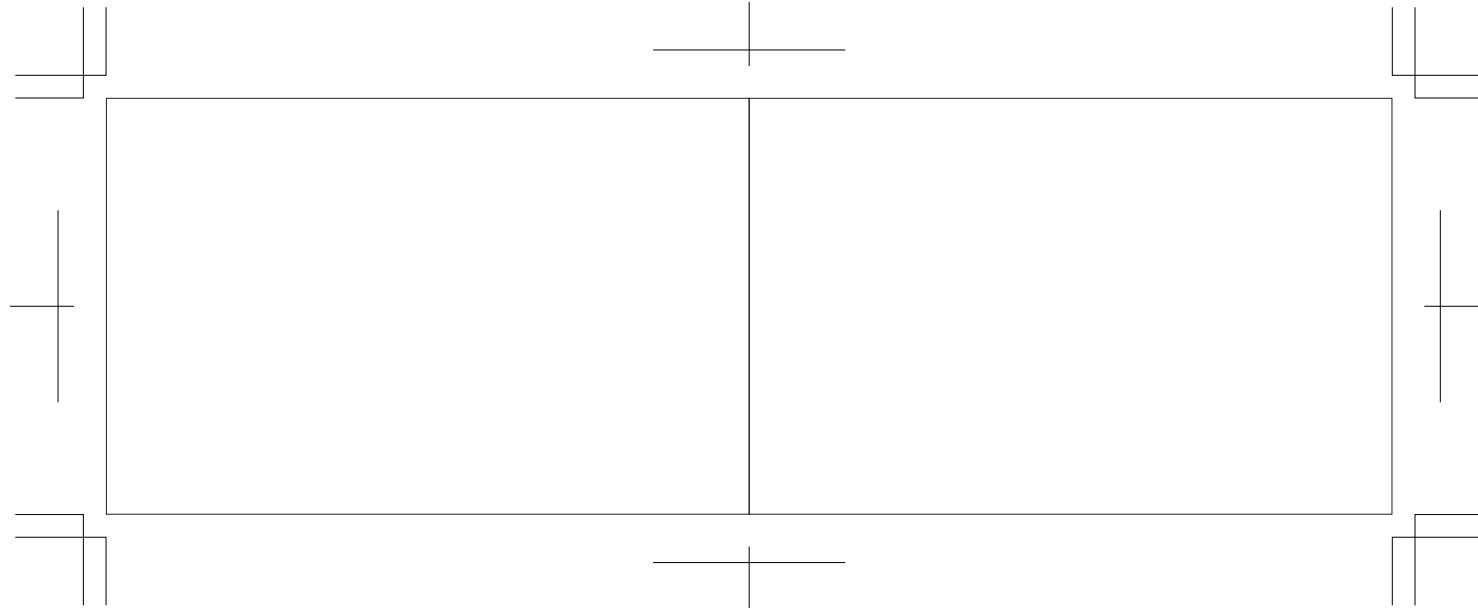


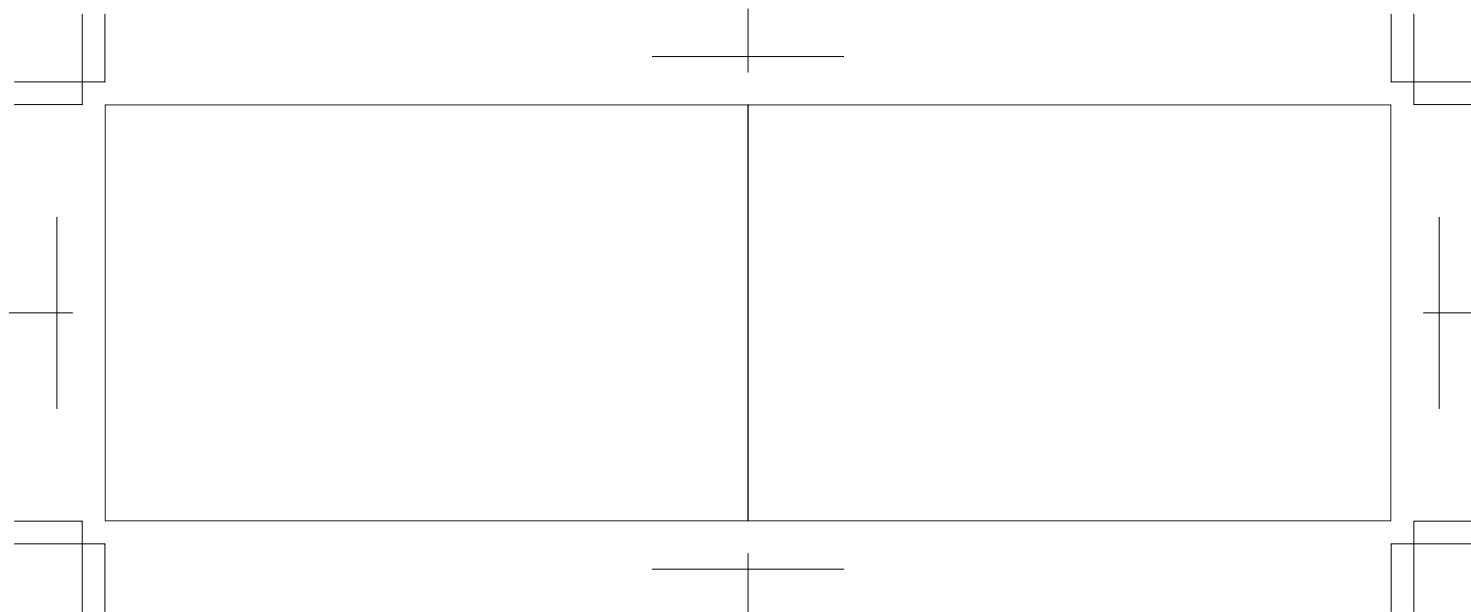
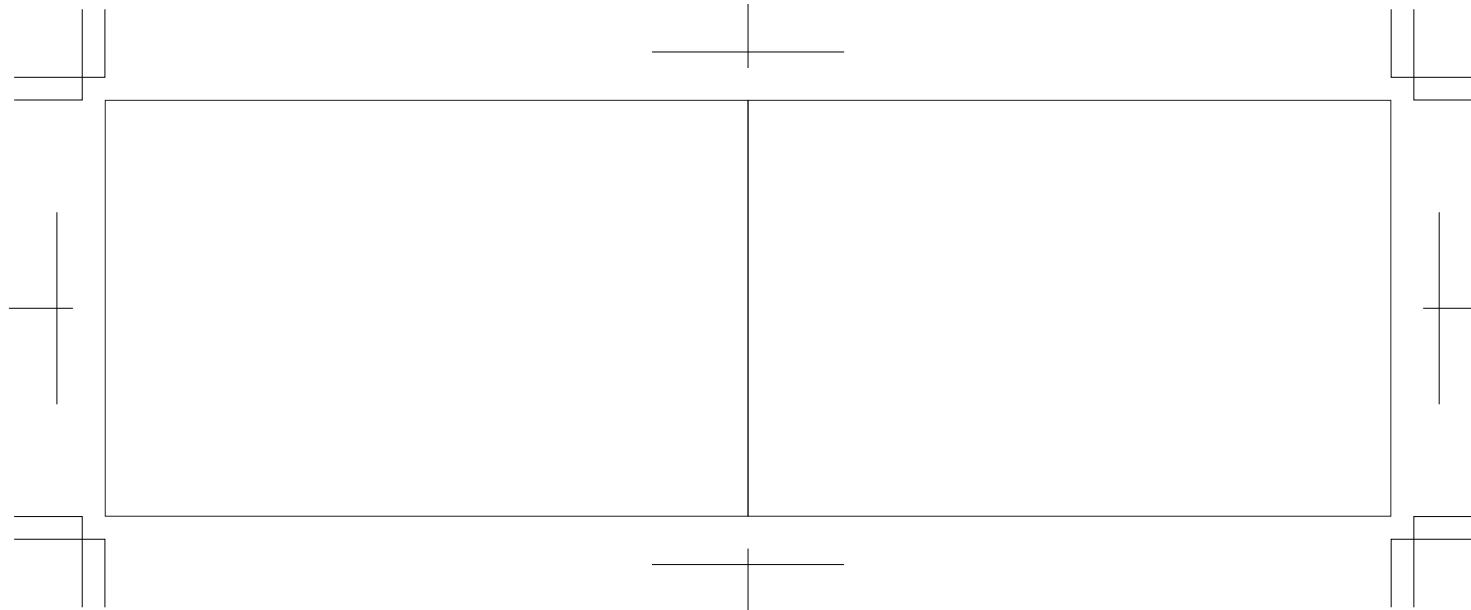


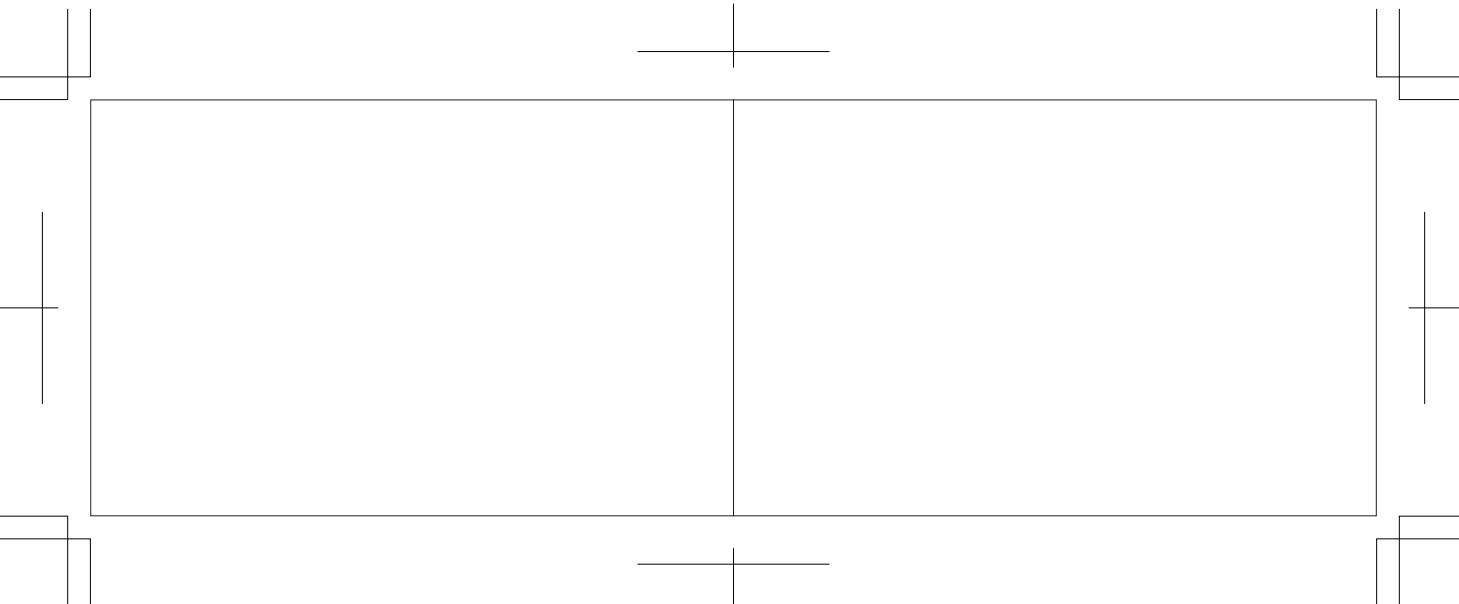
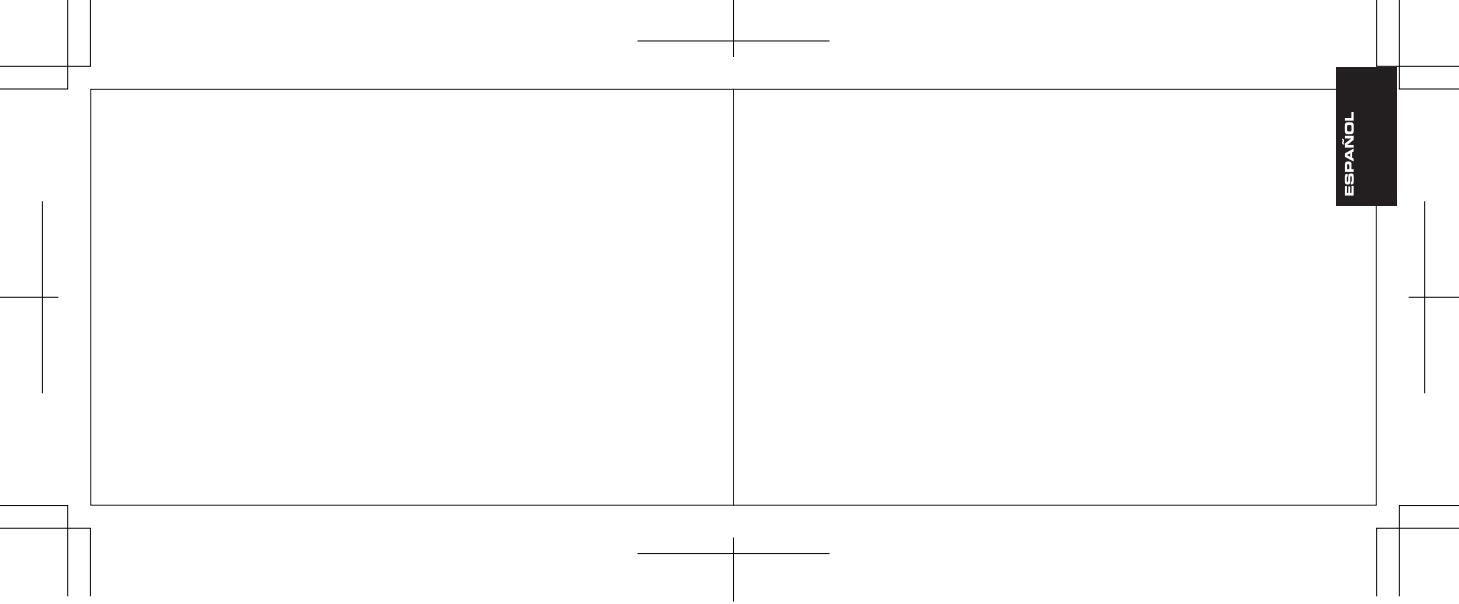


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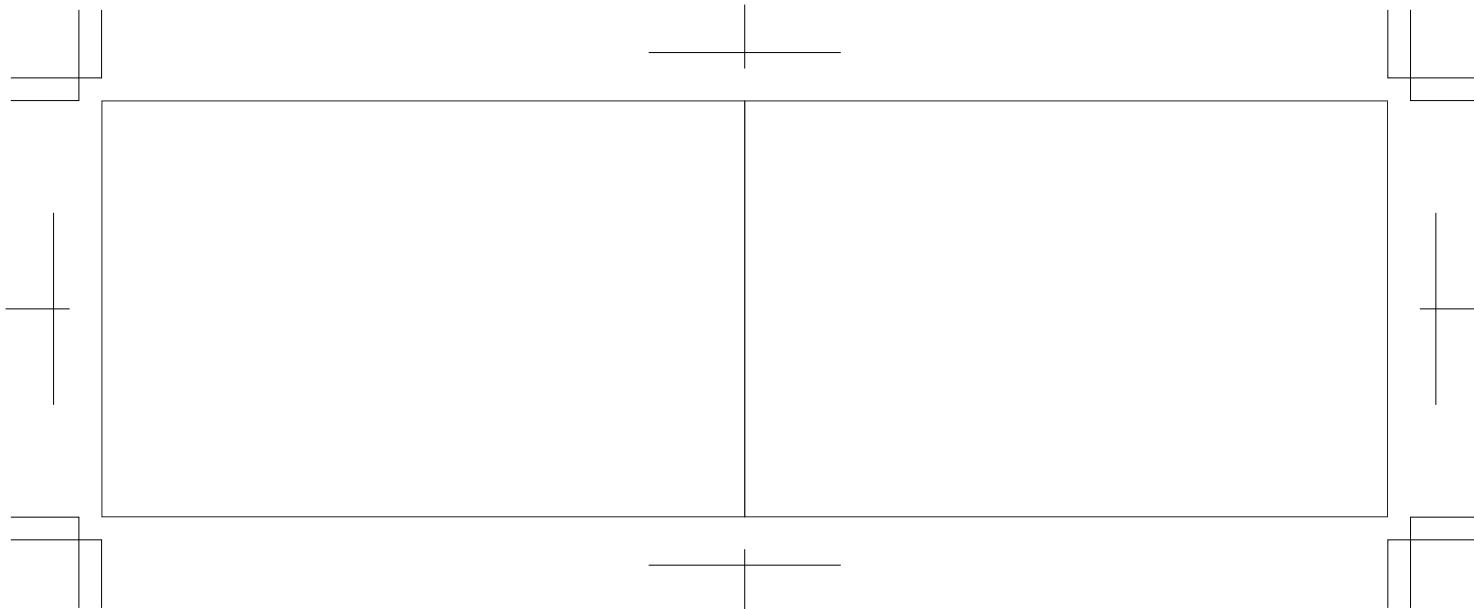
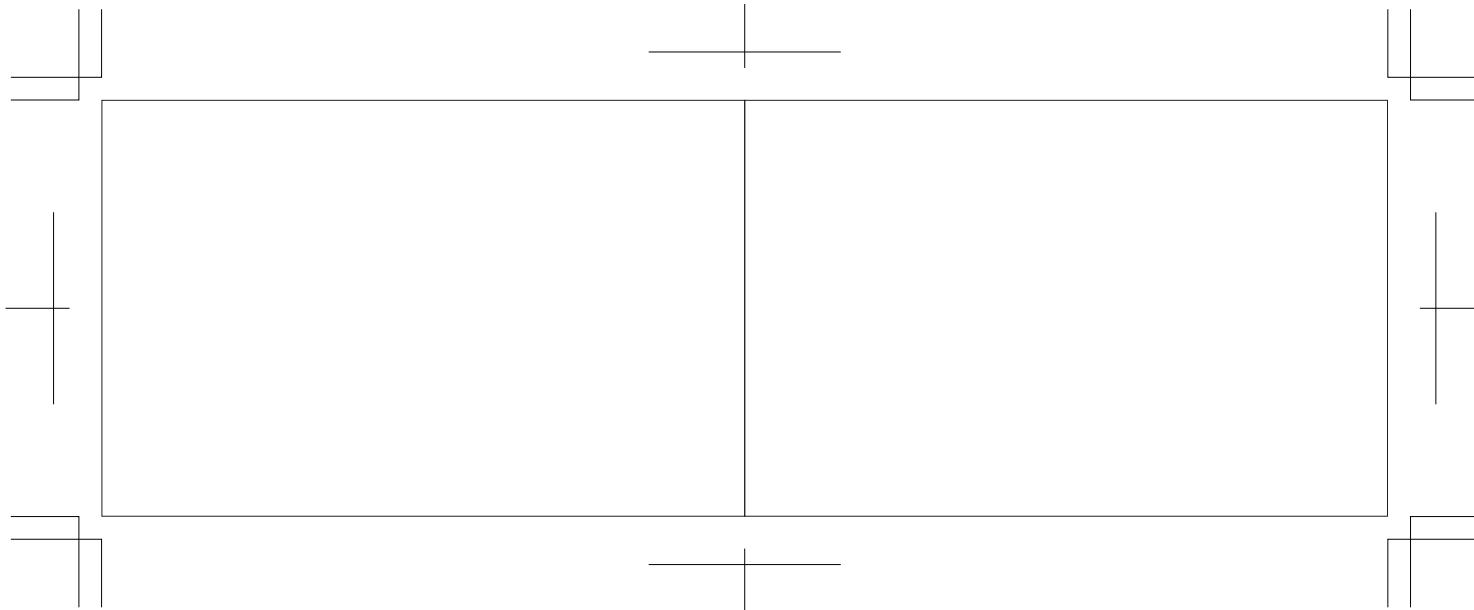


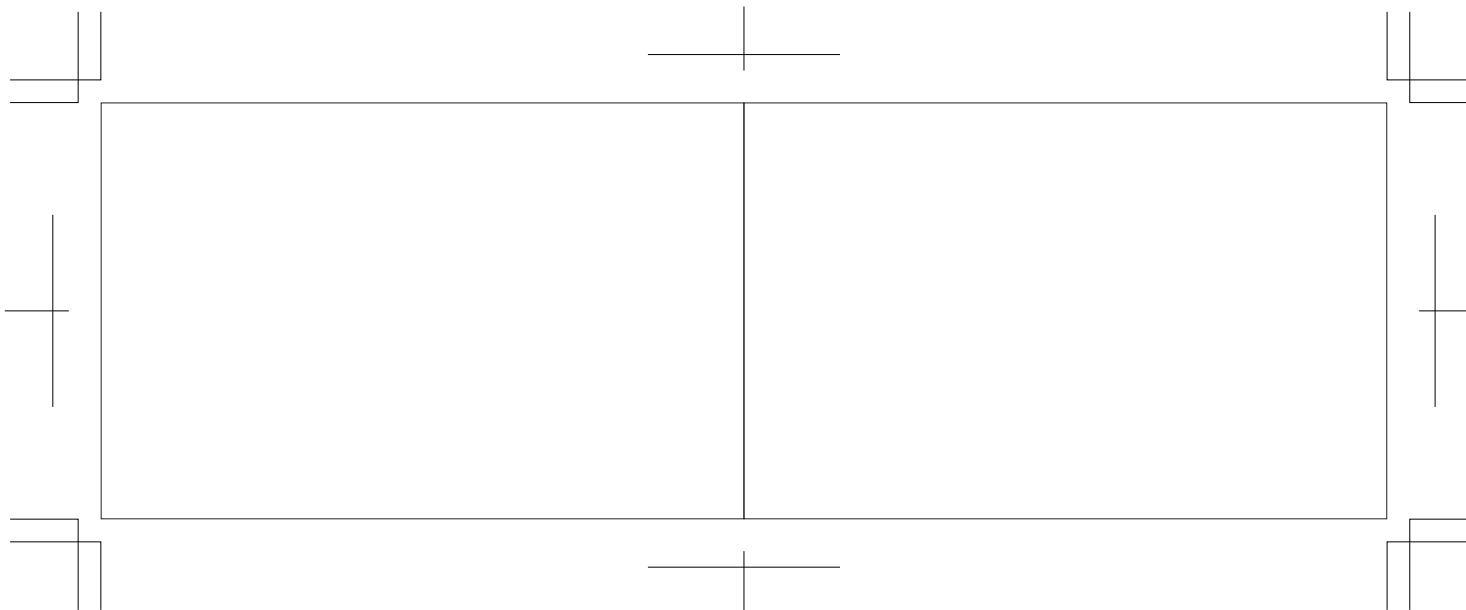
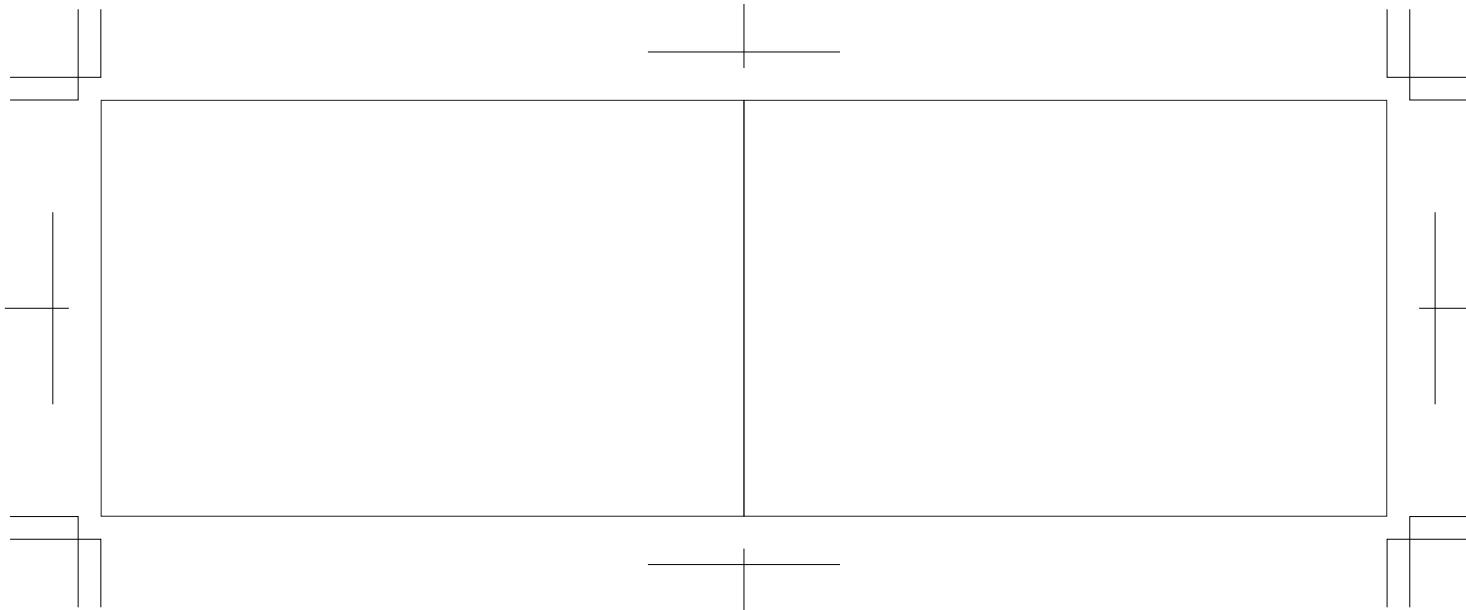


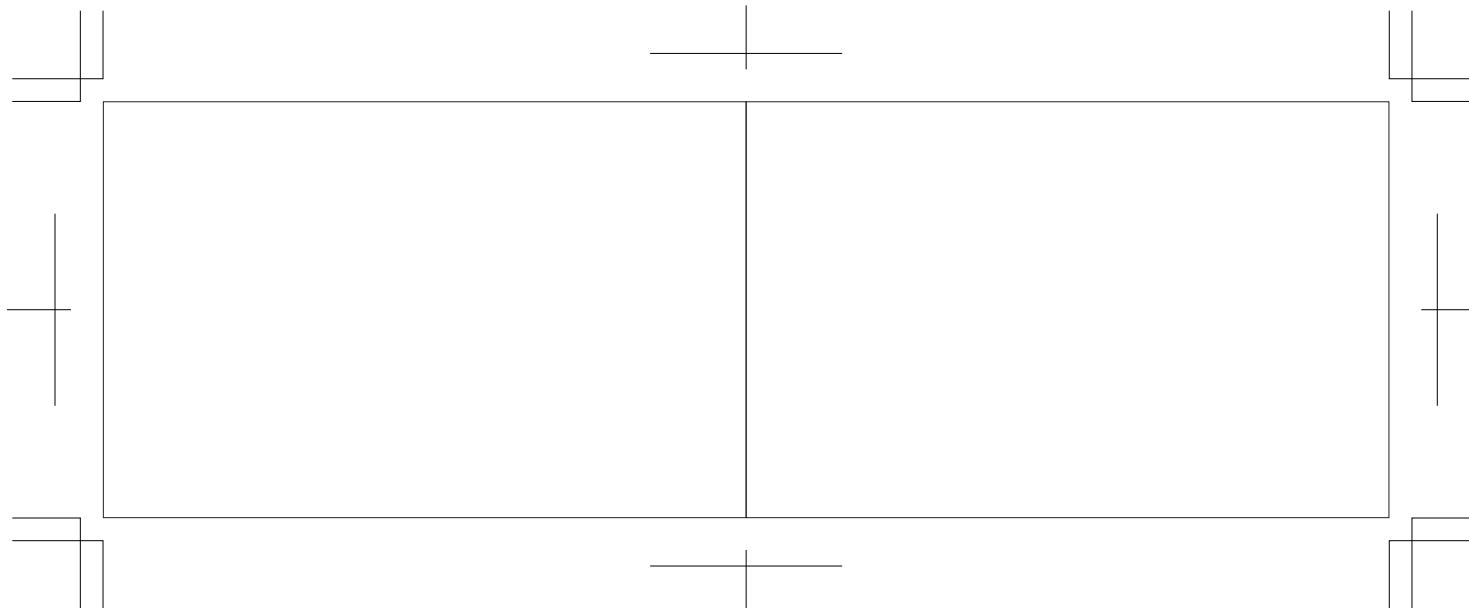
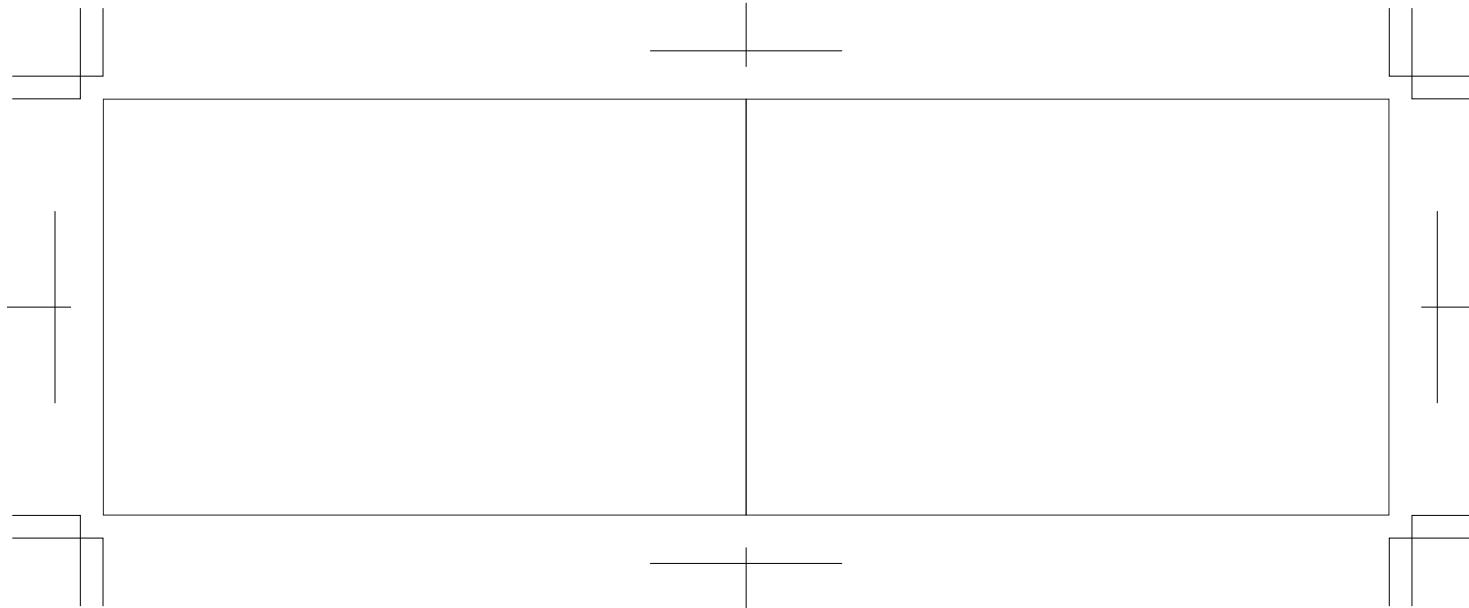




ESPAÑOL

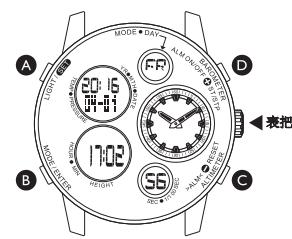






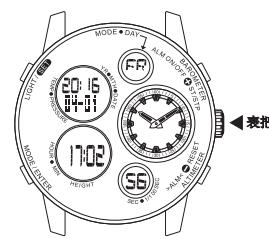
SIMPLIFIED CHINESE

产品功能



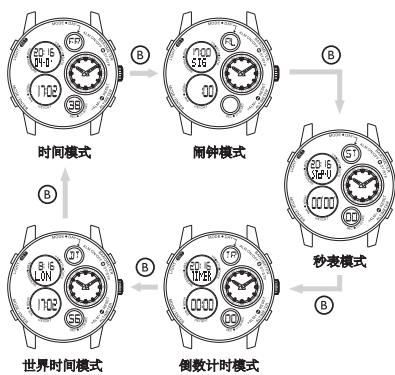
- 高度计, 气压计, 温度计, 天气预报
- 两地时间, 行针和数字显示
- 5个闹钟, 一组有贪睡功能
- 整点报时
- 倒计时器
- 秒表, 具20圈纪录
- 世界时间, 28个时区和夏令时
- EL背光 (按下A键并背光3秒钟)

行针设定

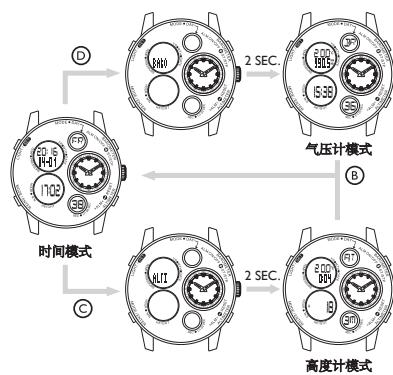


- 把表把拉出并设定时间
- 设定后请把表把推回原位

### 数字模式



### 气压计和高度计



### 时间设置模式



- 按住A键，进入时间设置模式。
- 当进入时间设置模式，“时区”闪烁待调整。
- 按住B键选择要调整值，设置序列：
- 时区 > 夏令时间 > 秒 > 小时 > 分钟 > 年份 > 月份 > 日期 > 12/24小时制。
- 按住C键和D键调整数值，按下B键来确认和更改设置下一个项目。
- 按A键一次将结束设置模式，或者1分钟任何按键操作便自动离开。

### 闹钟模式



- 当显示“SIG”，按D键以开启／关闭整点报时的，将显示“CHM”当钟声为后用。
- 按C键响闹中选择，顺序为：  
SIG > AL > A2 > A3 > A4 > A5
- 在每个响闹，按住A键2秒钟进入设置模式。
- 在AL的设置模式时，设置顺序为：小时 > 分钟。
- 按B键切换小时／分钟。

### 闹钟模式

- 对于A2-A5，设置顺序为：月 > 日期 > 小时 > 分钟。
- 按下C键和D键，减少和增加数值。
- 对于每年的闹钟设置，所有的值必须设置。对于每月闹钟设置，设置Month值为空白“—”。  
对于日常闹钟设置，只需要设置小时和分钟值便可。
- 按下A键来结束设置模式，或者1分钟无任何按键操作便自动离开。
- 当闹钟设置完成：
  - 对于AL，按下D键切换闹钟为开“ALM”／贪睡“SNZ”／关。相关图标“ALM”和“SNZ”会相应显示。  
(贪睡功能仅适用于“AL”可用)。当贪睡设置后用，它的闹钟会每隔5分钟闹钟20秒，总共5次。
  - 对于A2-A5，按D键切换闹钟开后／关闭 (“ALM”图标将显示相应的)
  - 当到过预定闹钟的时候，它会响和“ALM”图标会闪烁20秒，它可以按任何按键停止。

### 秒表功能



- 秒表的最长计数时间为23小时59分59秒。当到达此时停止时，按C键秒表归零。
- 按D键启动和停止秒表计时。停止时，按C键归零。
- 当秒表计时，按C键以取每圈时间，最多为99圈。
- 按住A键2秒钟，检查单圈时间（仅已有记录）
- 按下D键和C键来查看，以升序或降序进行查看单圈时间记录。
- 要退出单圈时间记录模式，按住A键2秒钟或按下B键。

### 倒数计时



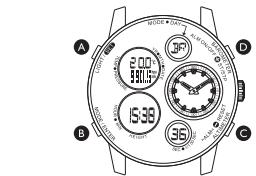
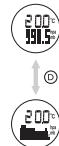
- 倒数计时最长计数时间定时器为99小时59分59秒。
- 按住A键2秒钟进入设置模式。设置顺序是：  
小时 > 分钟 > 秒 > “循环计时”  
(当选择了循环计时，“○”图标将显示，当倒数到零时，自动返回最初设定值继续循环倒计时)。
  - 按C键和D键分别调整下降和上升的顺序值。按下B键来确认和更改设置下一个项目。
  - 按A键退出设置模式。
  - 按D键启动和停止计时。停止时，按C键复位。
  - 当计数器达到零，它会响闹30秒。

### 世界时间模式

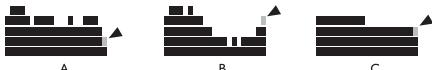


- 在这个世界时间模式，有28个时区提供
- 按下D键和C键以升序和降序进行更改时区
- 按住A键2秒开启或关闭夏令时；有“DST”显示表示夏令时开启；没有“DST”显示表示复令时已关闭。

### 气压计



- 按下D键来切换显示气压数值或过去21小时内的气压曲线图。



#### 天气预报测量：

A - 方块曲线下降表示天气变坏

B - 方块曲线升表示未来天气比现在的天气好转

C - 方块曲线不变表示天气保持现状

### 气压计

- 按D键2秒，切换温度及气压单位如下显示：

C, hpa/mb > C, in/Hg > F, hpa/mb > F, in/Hg

- 进入气压、温度及天气预报测量模式，每秒钟测量一次数据，1分钟无按键操作退出并返回时间模式。

- 气压测试范围为300 - 1100 hpa/mb, 或 8.84 - 32.44 inHg.

- 温度测试范围为-10 - 60 C 或 14 - 140 F

- 高出测试范围时显示“HI”，低于测试范围时显示“LO”

### 校准气压计

在气压、温度及天气预报测量模式下，按A键2秒，进入气压、温度校正模式。

- 按B键切换校正项目：TEMP > FDEF > AIRP.

#### 温度校正模式:

- 按D键或C键切换“+”“-”温度。
- 按B键，选择所设置的数值闪动
- 按D键或C键调整被设置项目
- 按A键确认校正值，并返回正常测量模式

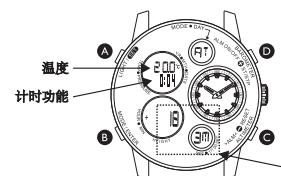
#### 工厂默认气压值模式:

- 按D键或C键，切换“YES”“NO”表示选择或不选择工厂默认气压值（1010.00mb）
- 按A键确认校正值，并返回正常测量模式

#### 输入当前气压值模式:

- 按D键或C键，进入校正模式
- 按B键切换设置项目
- 按D键或C键调整被设置项目
- 按A键确认校正值，并返回正常测量模式

### 高度计



- 在时间或测量模式下，按C键进入高度温度测量，在显示“ALTI”的状态2秒进入温度及高度测量模式，同时启动计时功能。

- 按D键停止或继续计时，停止时按C键显示爬高速度（米/小时）

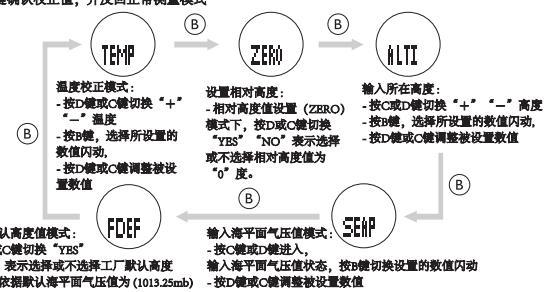
(注：速度可以显示仅当攀登距离超过10M)

在温度及高度测量模式，按C键2秒顺序切换高温及高度单位如下显示：

C, M (meter) > C, F (feet) > F, M (meter) > F, F (feet)

### 校准高度计

温度及高度测量模式下，按A键2秒进入温度及高度校正模式  
- 按B键选择设置: TEMP > ZERO > ALTI > SEAP > PDEF  
- 按A键确认校正值，并返回正常测量模式



### 高度计

- 按C键显示当前时间5秒钟后返回测量高度计时模式  
- 按B键返回时间模式  
- 进入高度及温度测量模式3分钟内，每5秒测量一次数据；3分钟后每2分钟测量一次数据，如果1分钟内没有按键，它将返回到时间模式。  
- 高度测试范围为-700~9000m 或 -2300~30000f  
- 温度测试范围为-10 ~ 60 C 或 14 ~ 140 F  
- 高出测试范围时显示“Hi”，低于测试范围时显示“Lo”

#### 特别提示：

- 凡遇下述状况，测定值的准确度会受影响：
  - 因天气的变化而产生气压变化时，温度产生极端的变化时，本表受到强烈的撞击时
  - 在测定高度时，最好将手表戴在手腕上，因为如此可保持手表温度的稳定，提高高度测定的精度
  - 为使气温的测定更加准确，请将手表从手腕上取下并放置在不受阳光直接照射及通风良好的地方及将表壳擦干，表壳需要约20至30分钟的时间才可到达实际环境温度

### 规格

表壳尺寸: 51 X 58 X 14 mm

防水功能 3 ATM

电池使用寿命: 24 个月 (使用气压计和高度计传感器每月一次进行6小时，在3秒钟E背光，20秒间隔每日一次。)

电池型号: CR2032, SR626SW

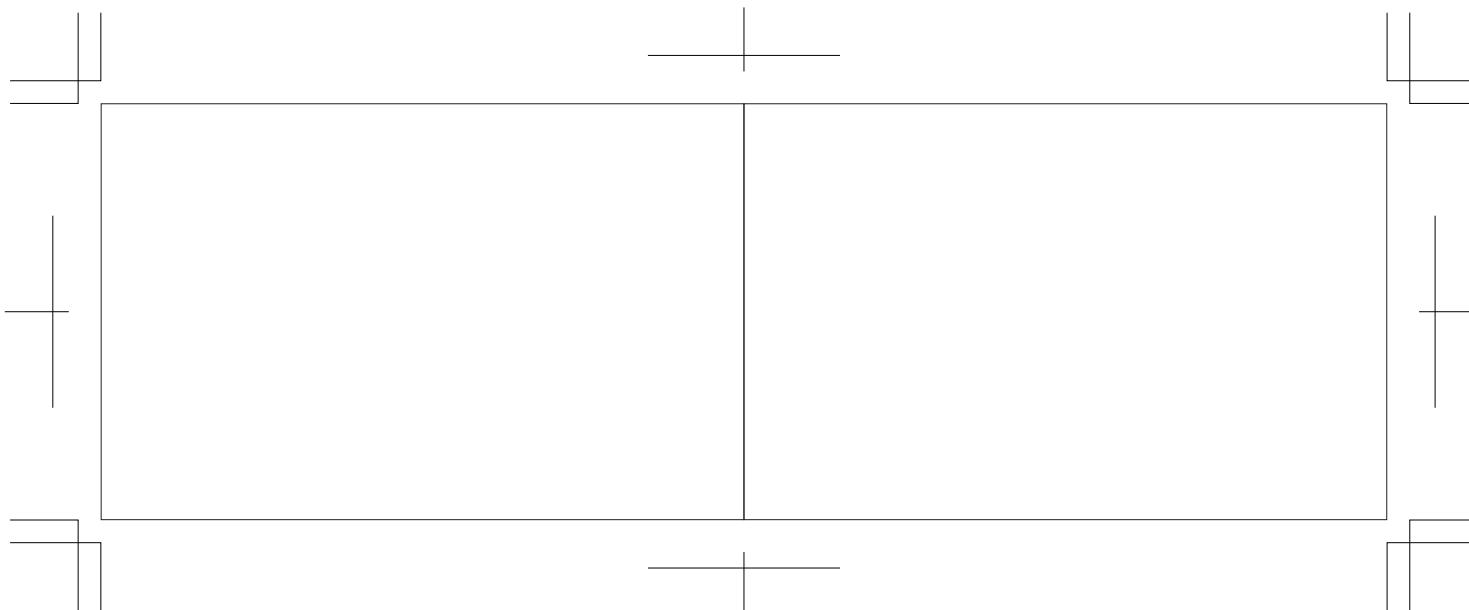
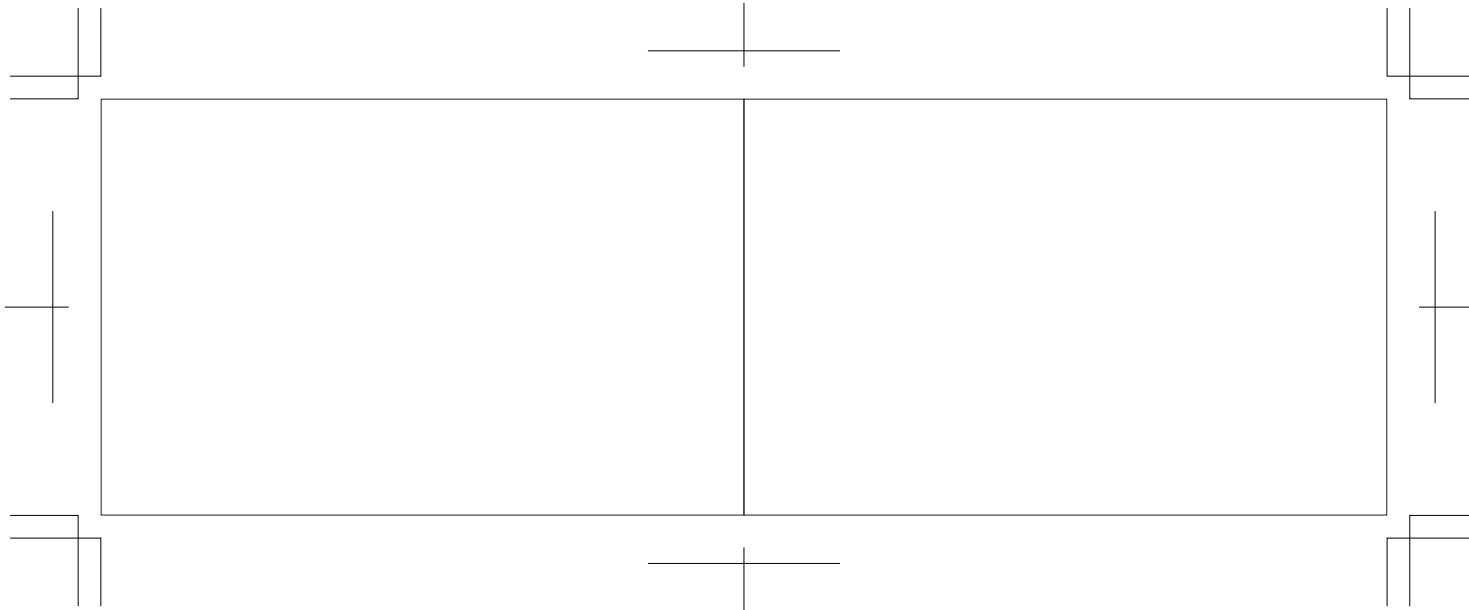
工作温度: ± -10C ~ 60C

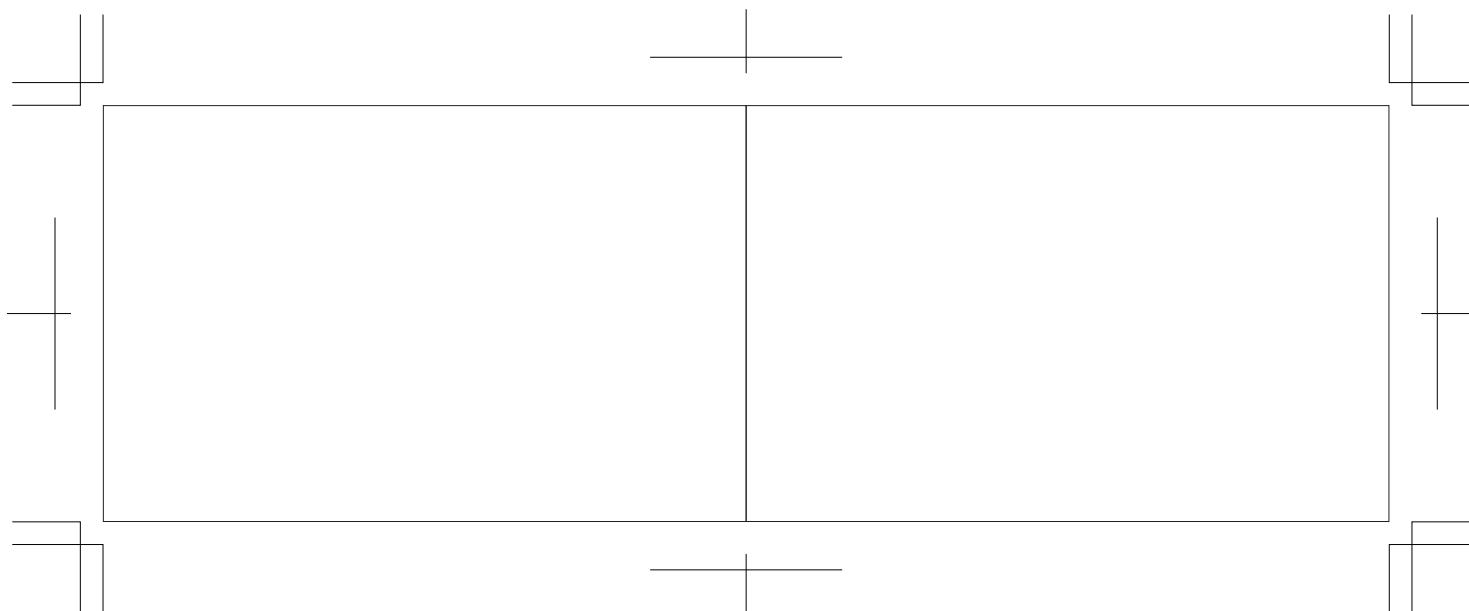
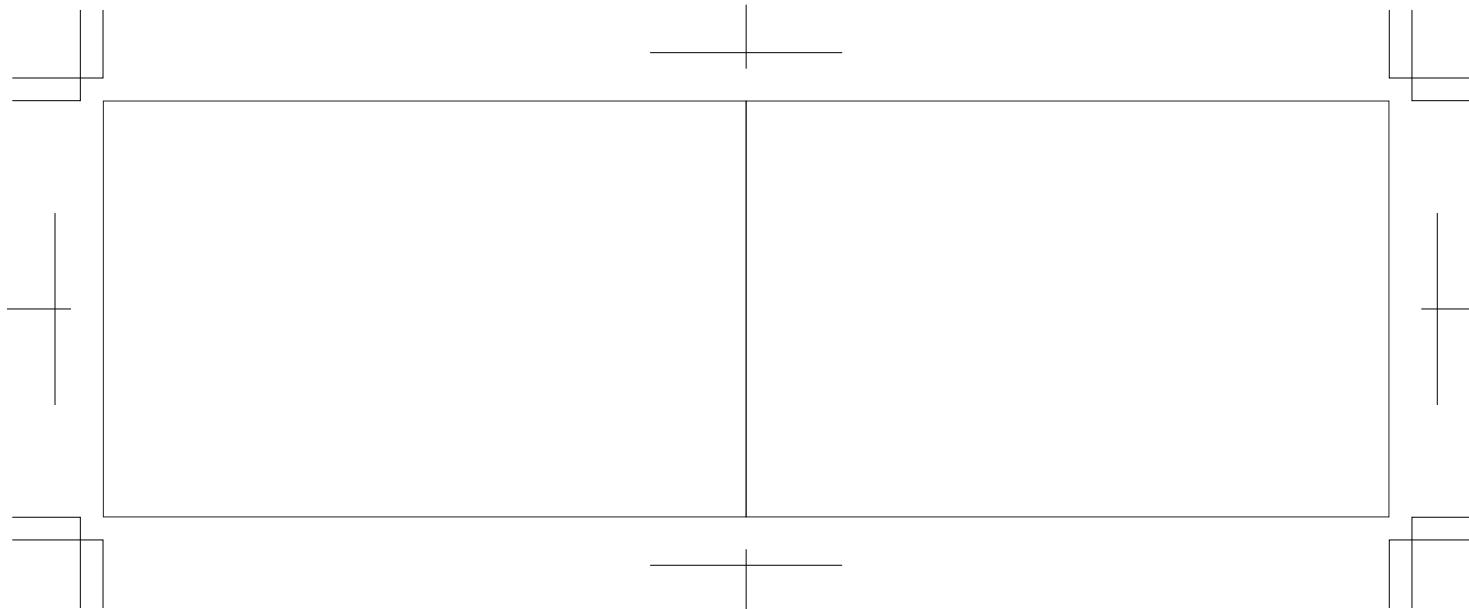
温度容差范围: ± 2 C (-10C ~ 60C)

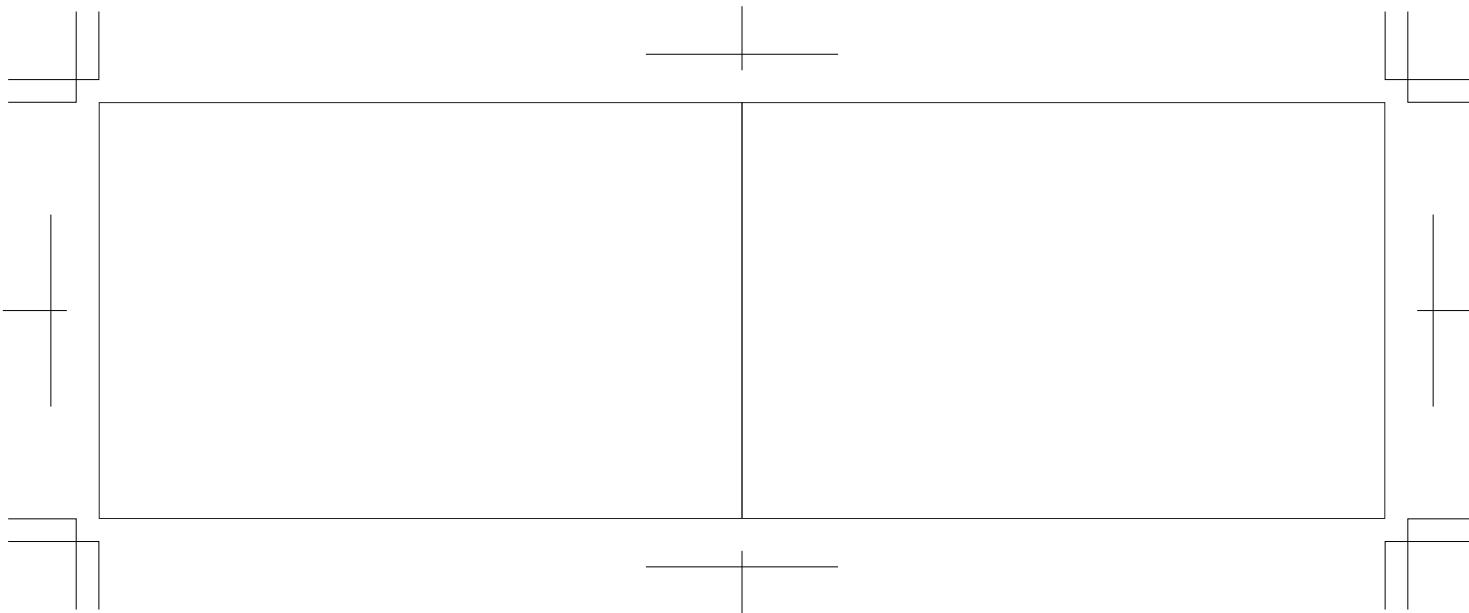
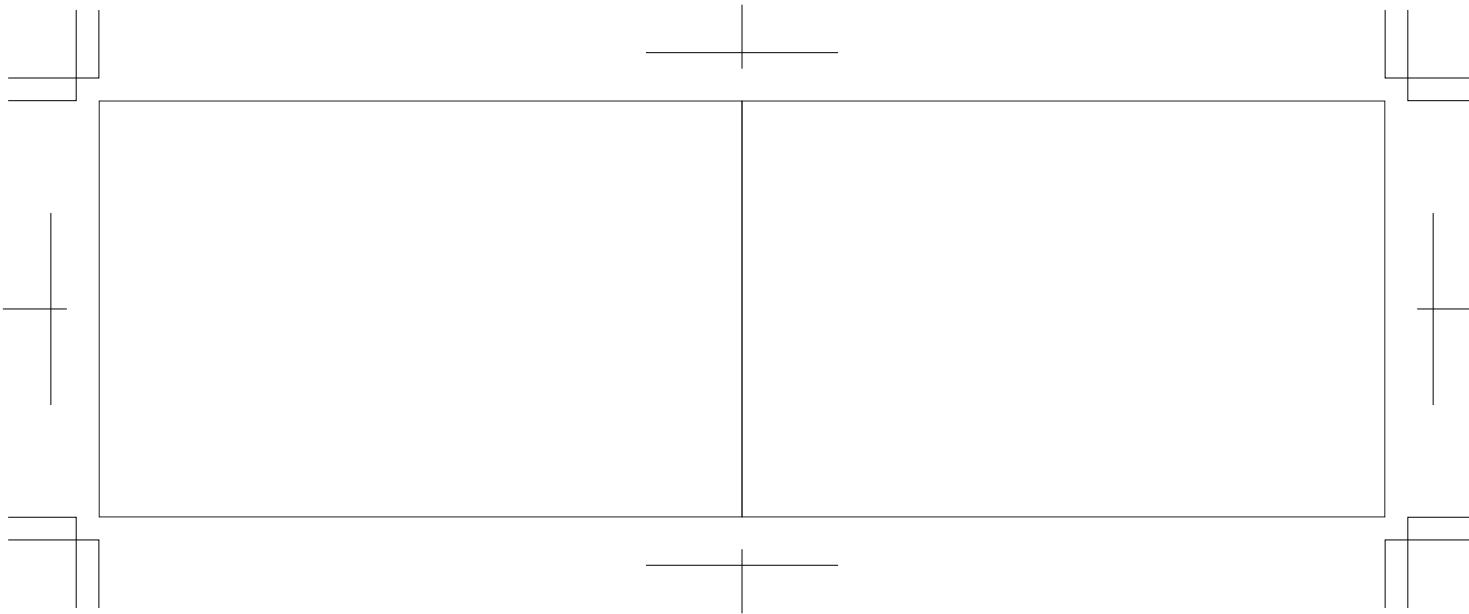
高度公差: ± 5M (-10C ~ 40C)

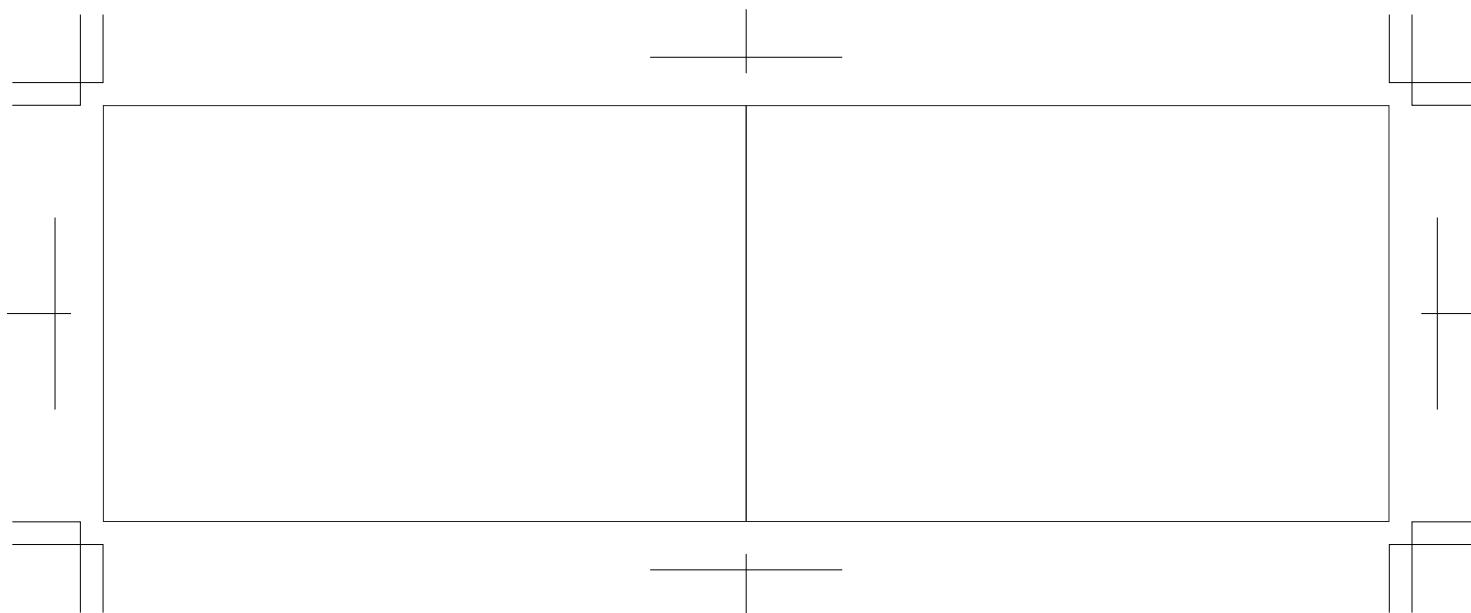
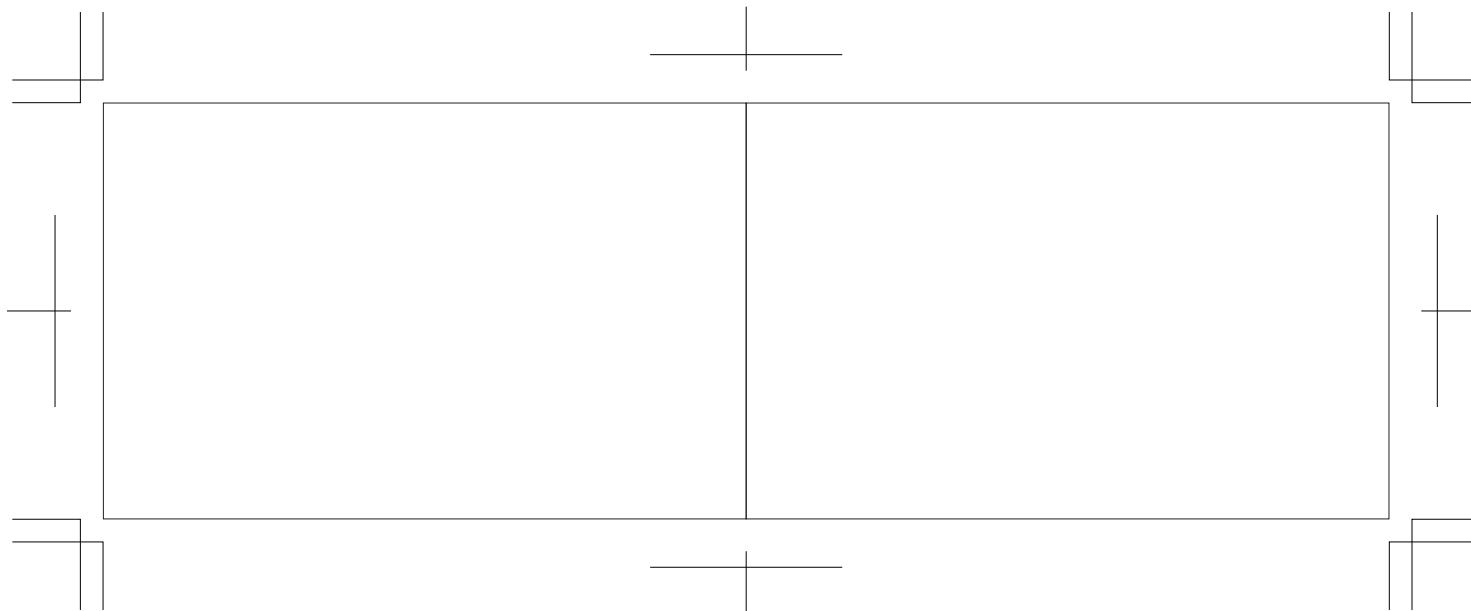
压力范围: ± 3mb (-10C ~ 40C)

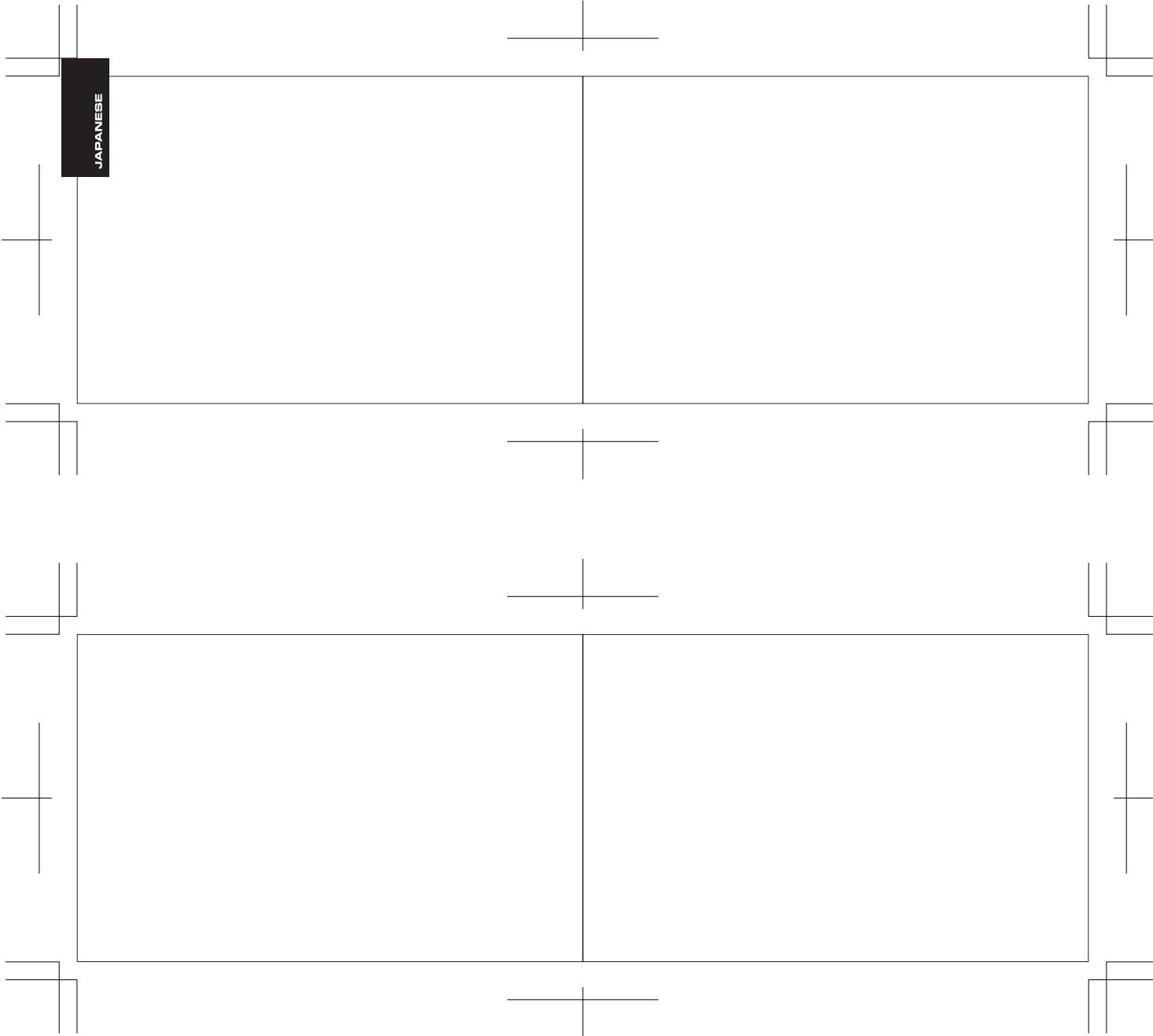
PORTUGUÉS

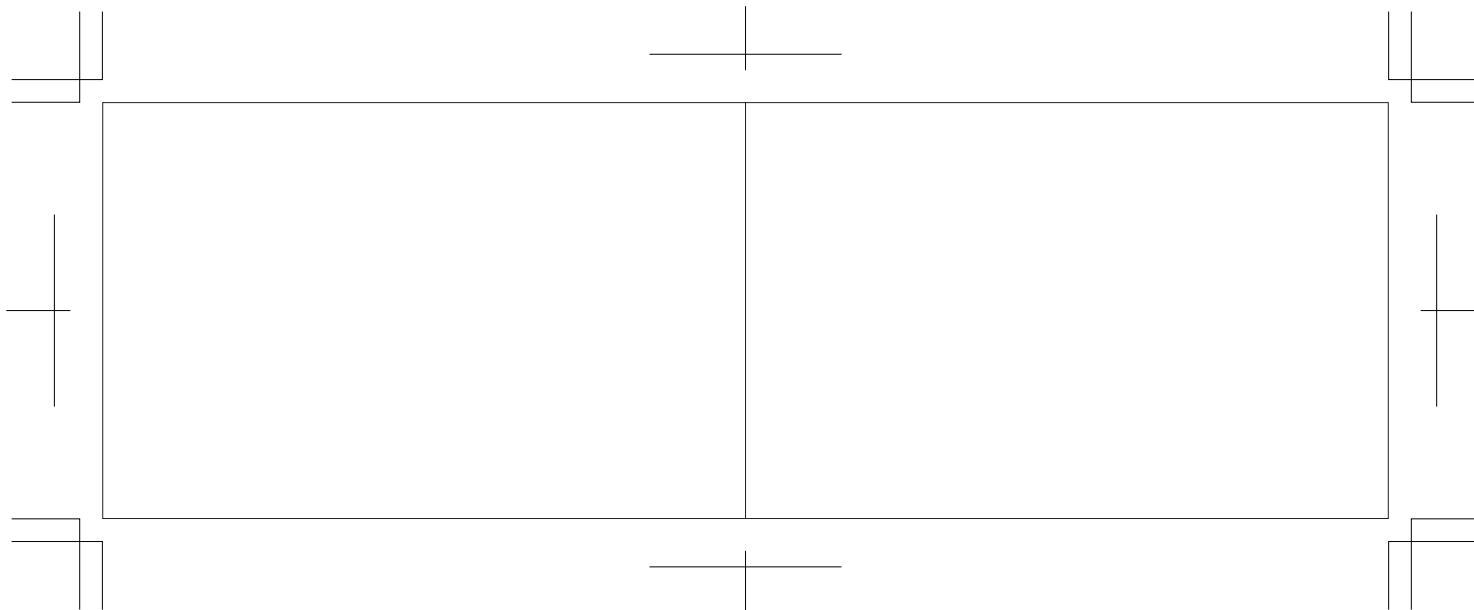
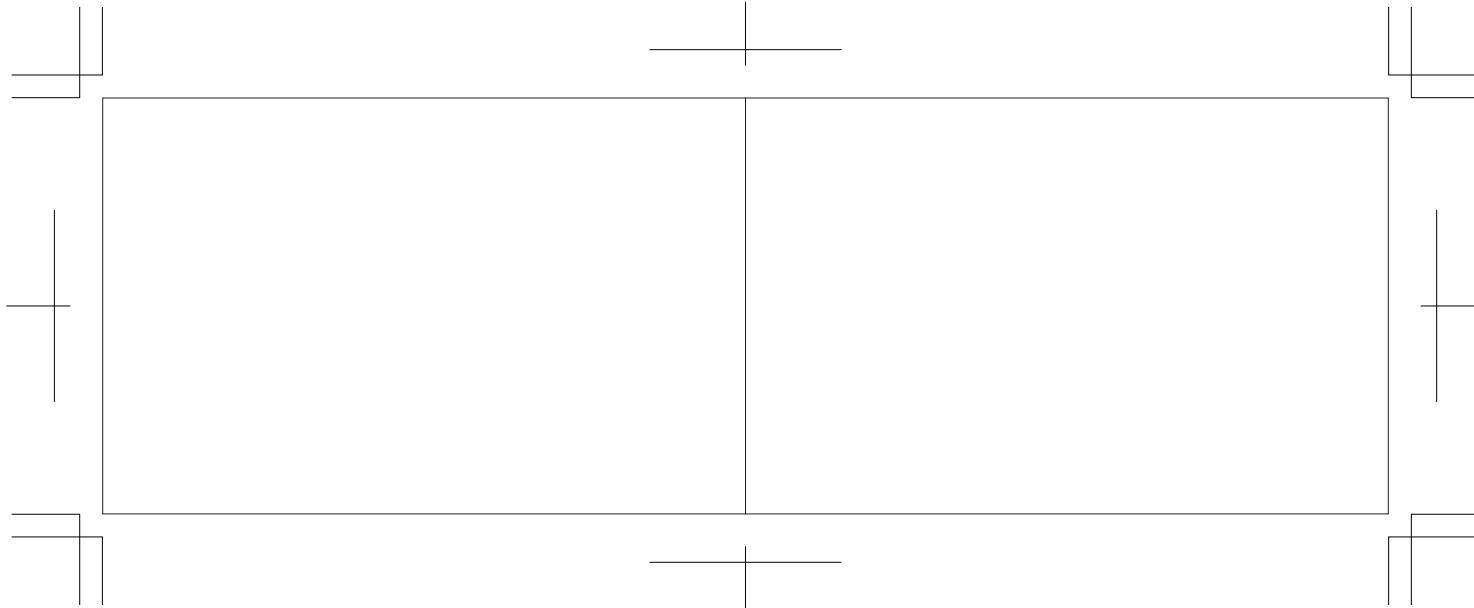


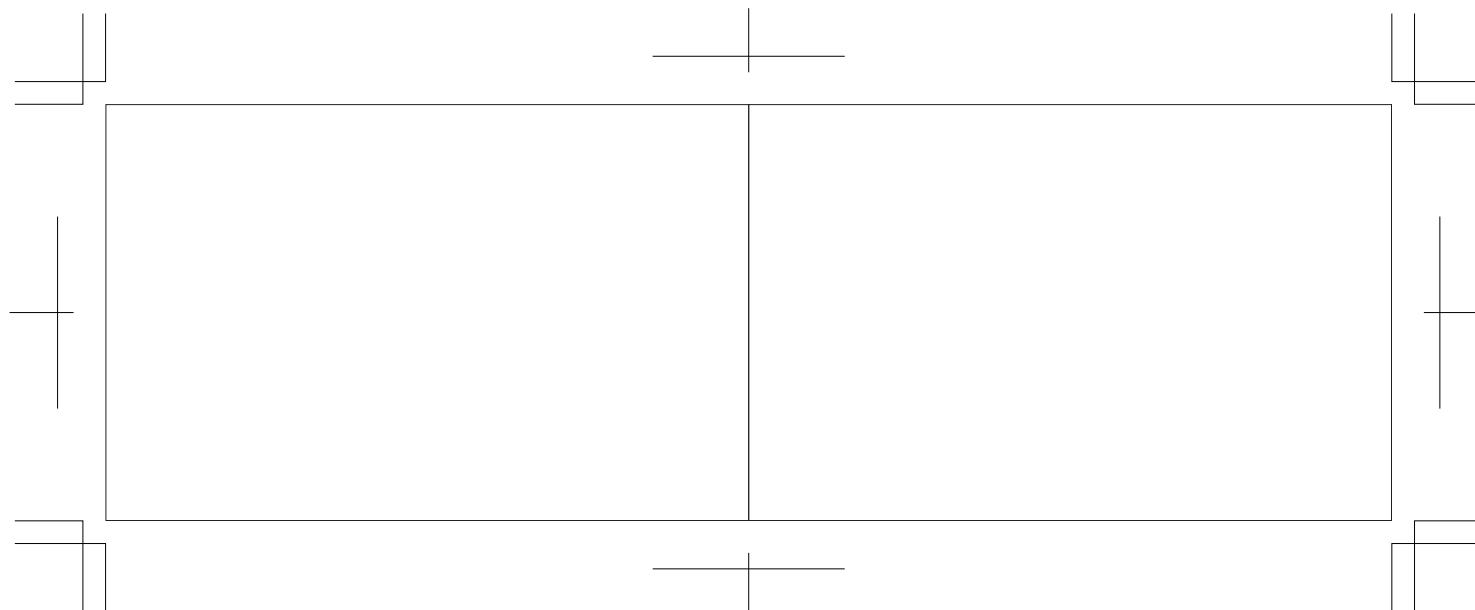
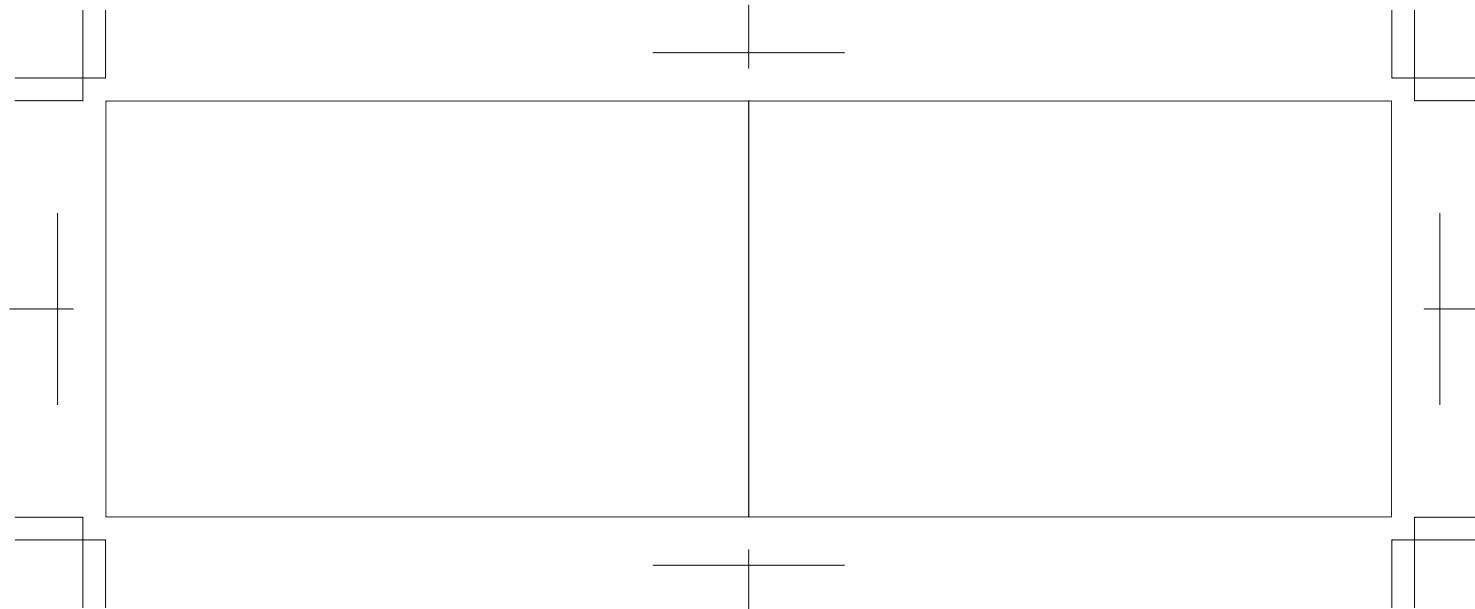


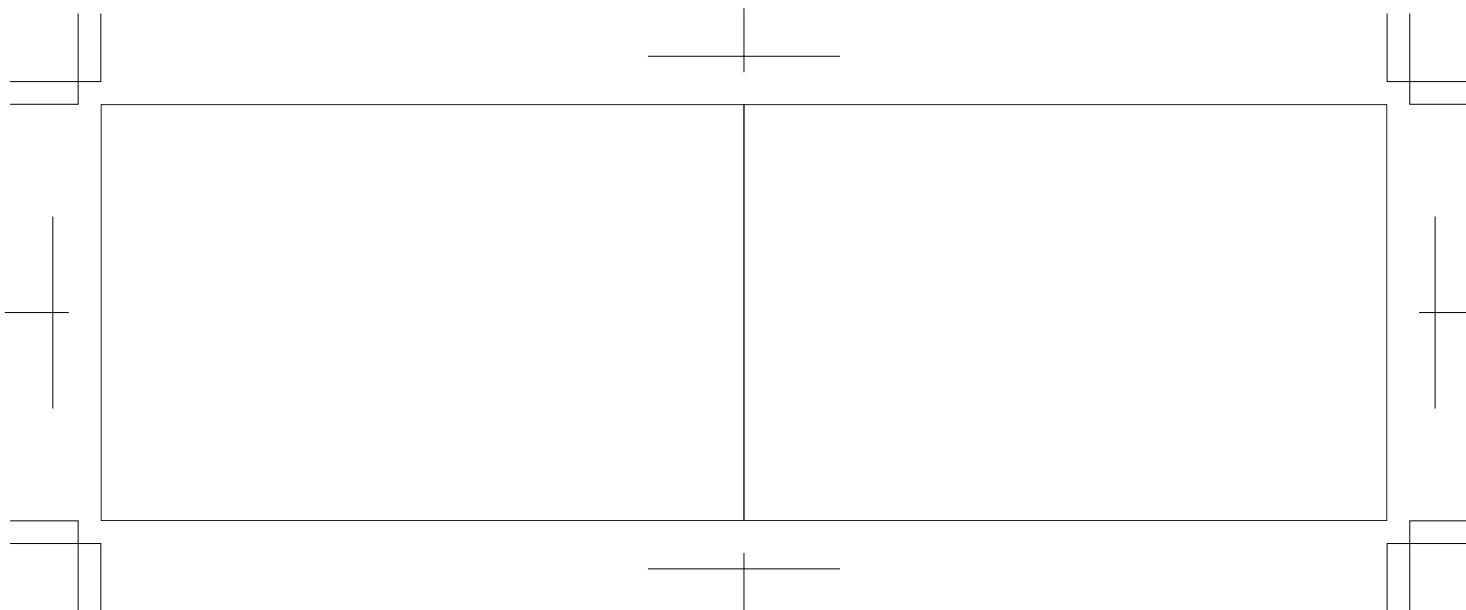
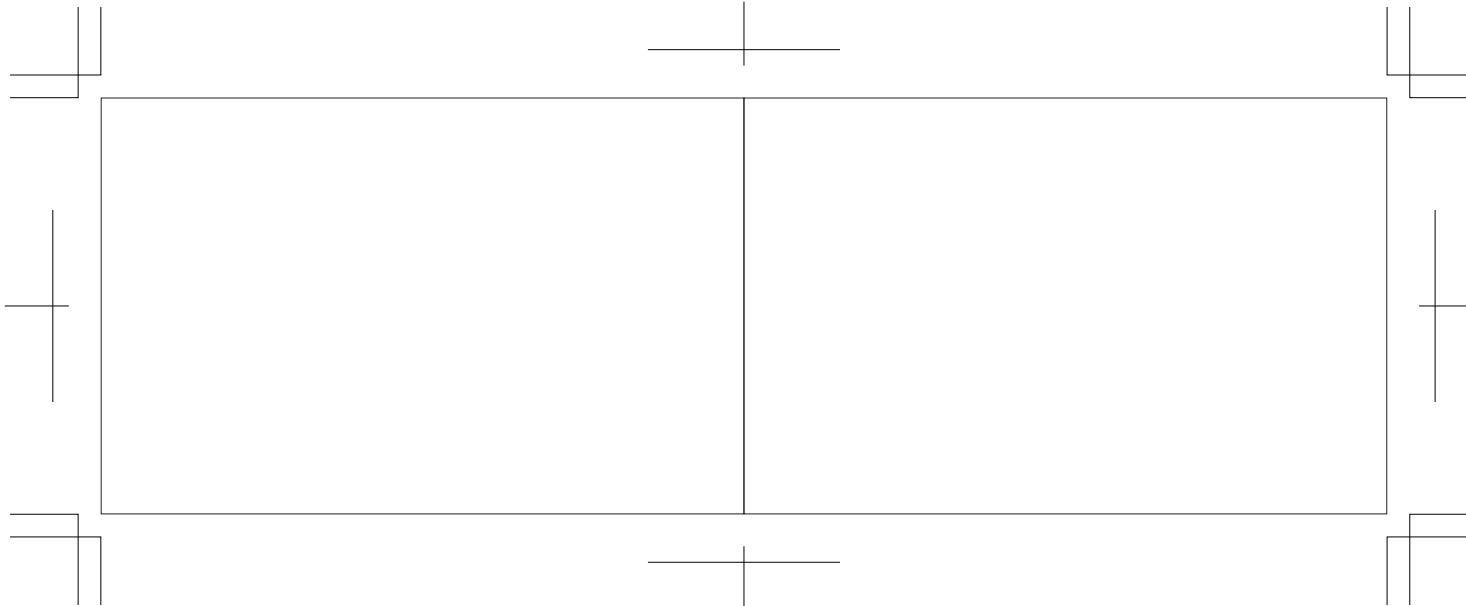


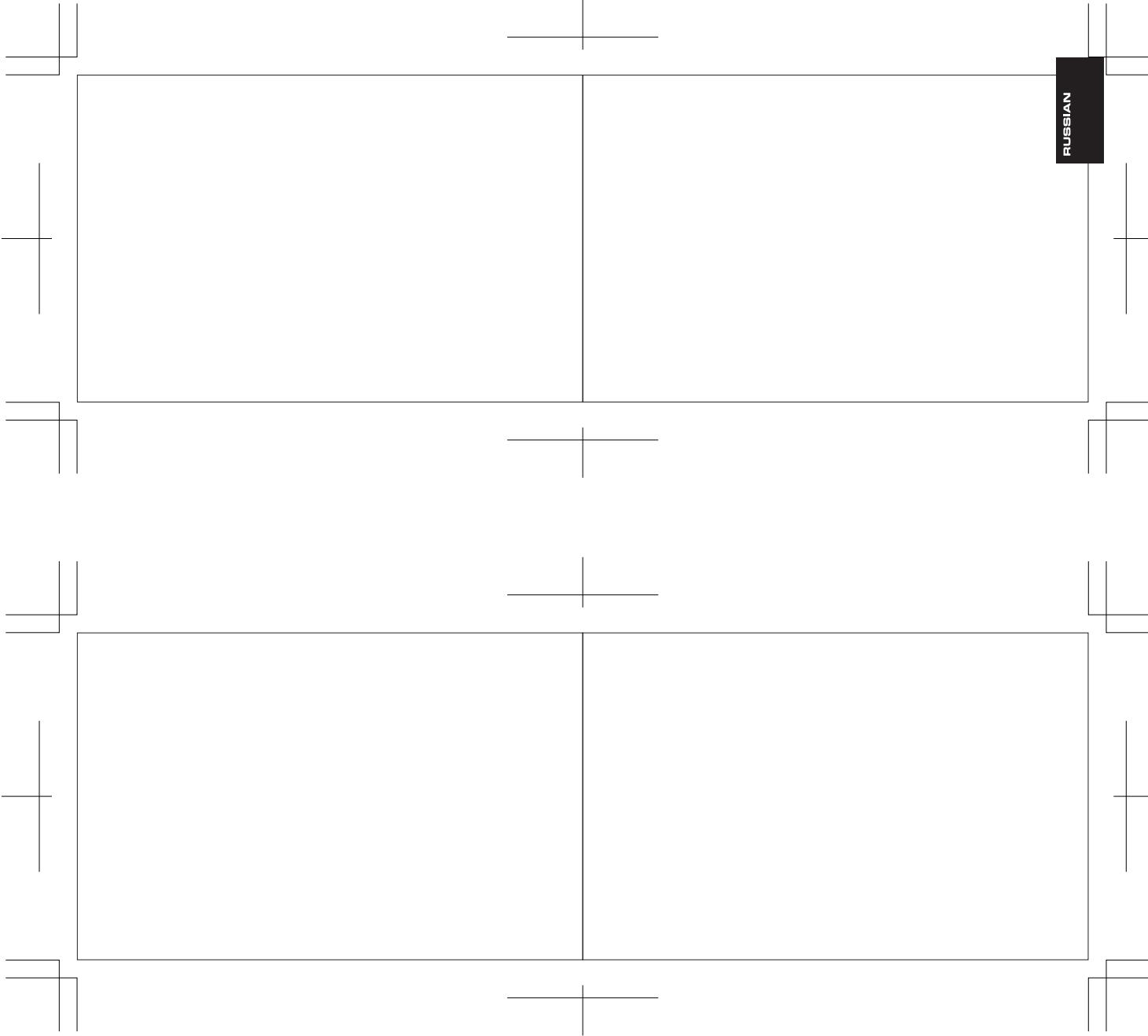




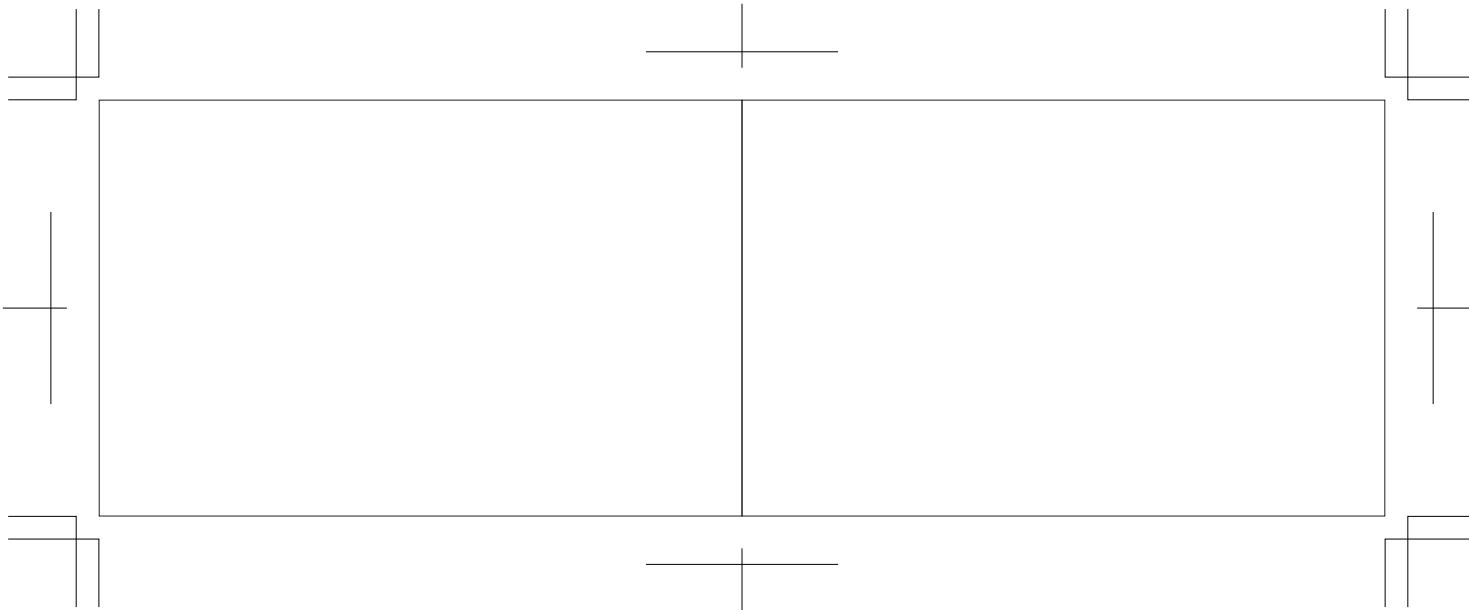
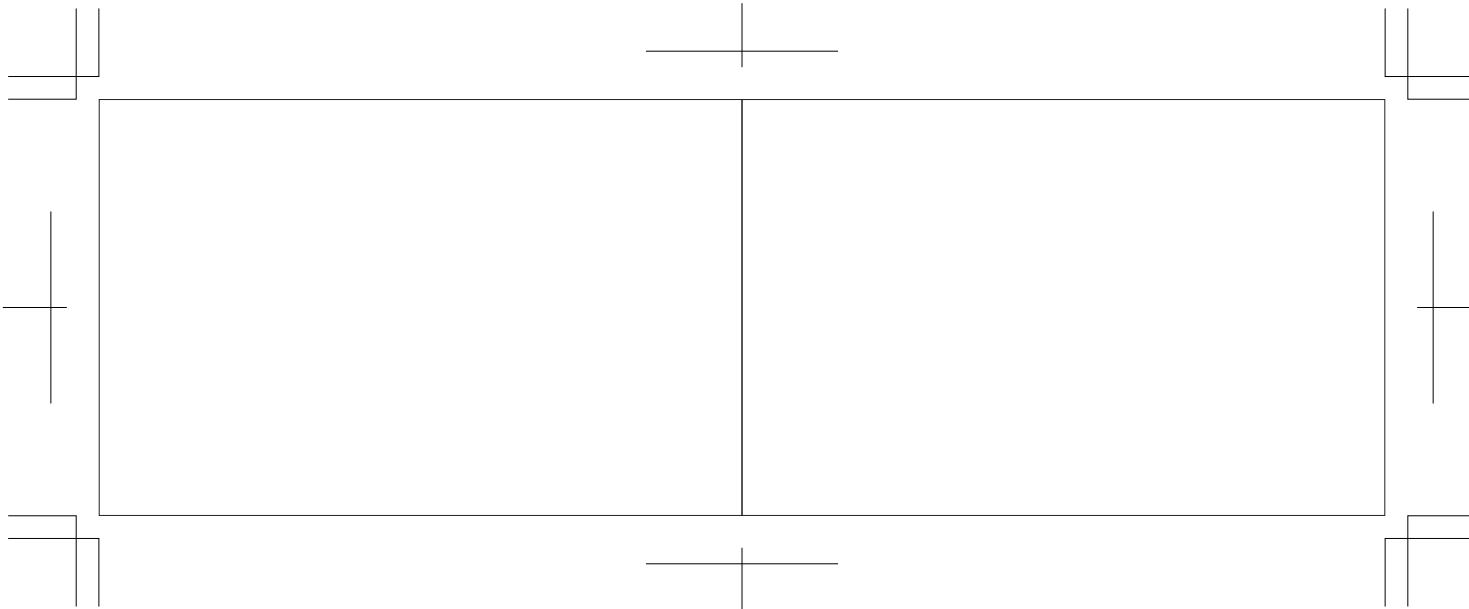


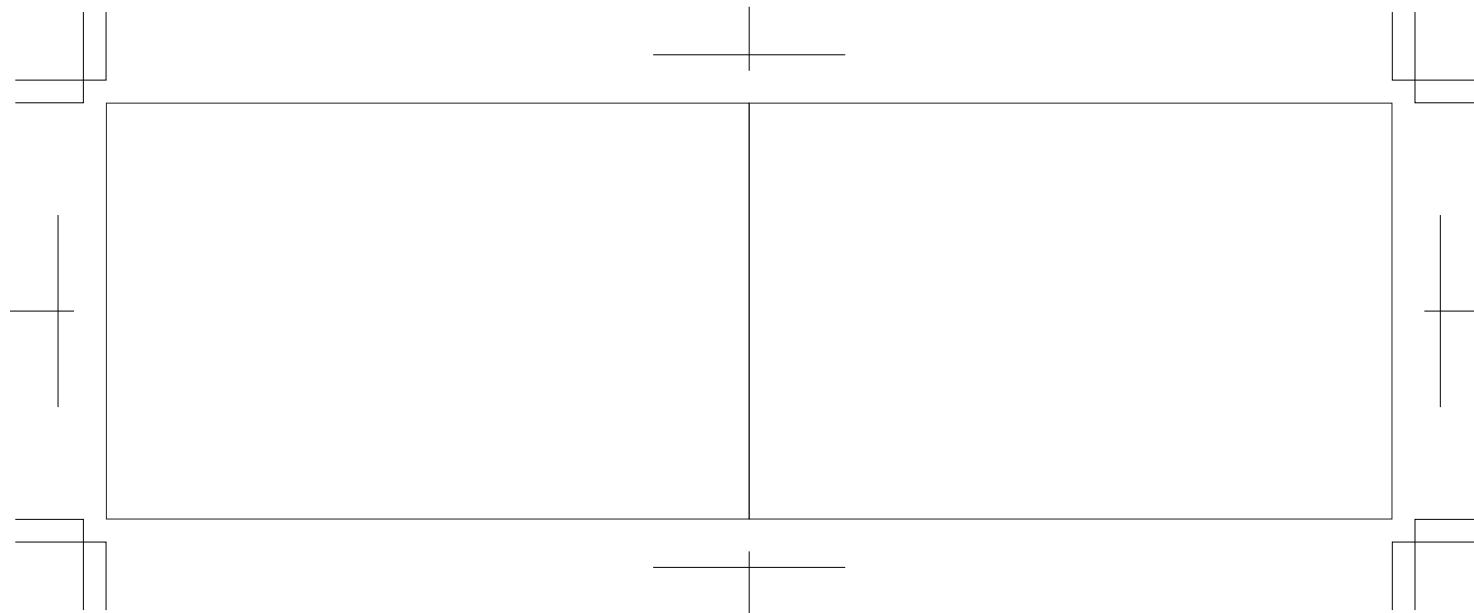
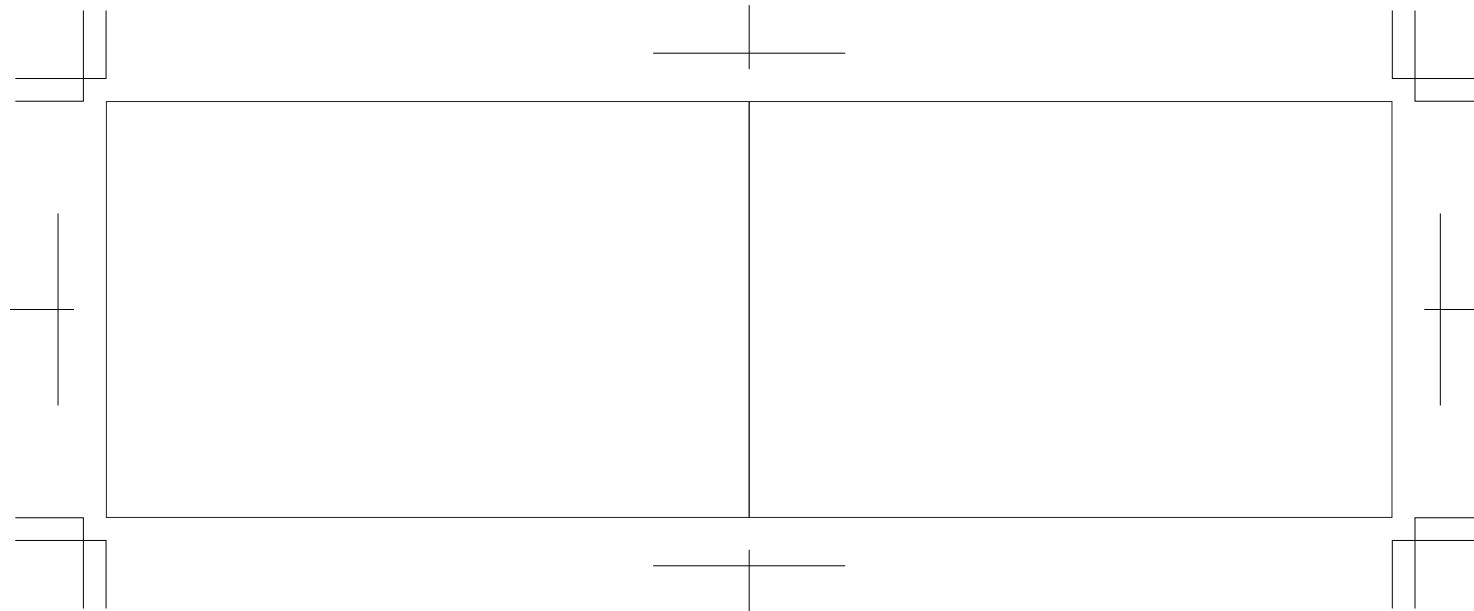


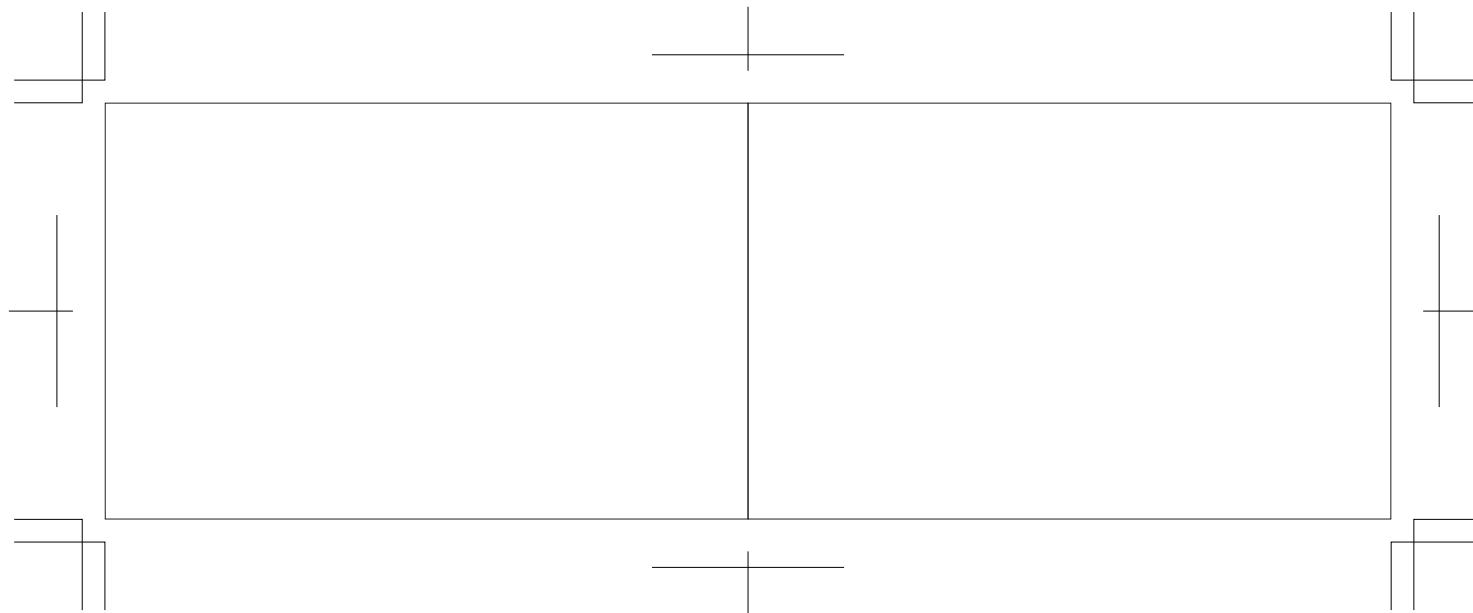
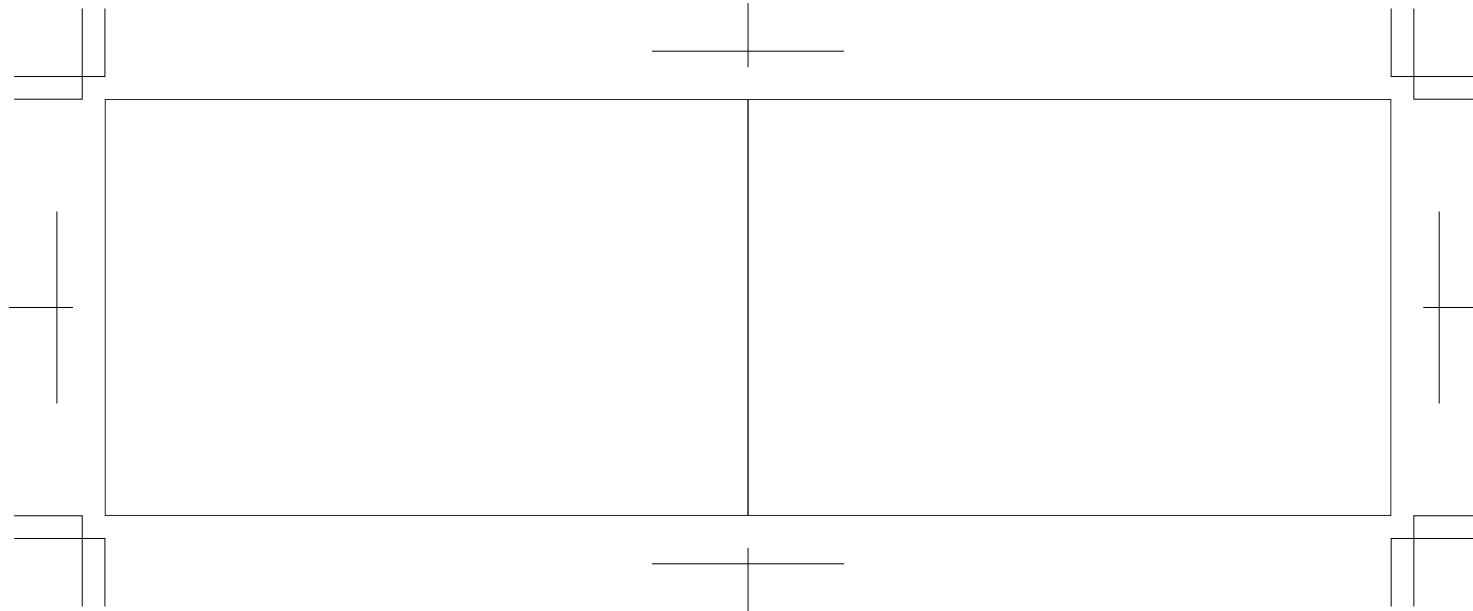




**RUSSIAN**







**WORLD CITIES LIST**  
世界城市名单 世界都市一览

LON	LONDON	0	TYO	TOYKO	+9
PAR	PARIS	+1	ADL	ADELAIDE	+9.5
CAI	CARIO	+2	SYD	SYDNEY	+10
JRS	JERUSALEM	+2	NOU	NOUMEA	+11
JED	JEDDAH	+3	WLG	WELLINGTON	+12
THR	TEHRAN	+3.5	PPG	PAGO PAGO	-11
DXB	DUBAI	+4	HNL	HONOLULU	-10
KBL	KABUL	+4.5	ANC	ANCHORAGE	-9
KHI	KARACHI	+5	LAX	LOS ANGELES	-8
DEL	DELHI	+5.5	DEN	DENVER	-7
DAC	DHAKA	+6	CHI	CHICAGO	-6
RGN	YANGON	+6.5	NYC	NEW YORK	-5
BKK	BANGKOK	+7	CCS	CARACAS	-4
HKG	HONG KONG	+8	RIO	RIO DE JANEIRO	-3

**water resistance level**

without any  
water resistant  
marking

3 ATM / 30m

5 ATM / 50m

10 ATM / 100m

20 ATM / 200m



\* Always set the crown in the normal position /  
Tighten screw-lock crown completely.

\* Riposizionare sempre la corona in posizione  
normale / Stringere completamente la corona a vite

\* Die Krone nach Handhabungen immer auf die  
Normalposition zurückdrücken und niemals unter  
Wasser herausziehen. Schraubkronen: nach jeder  
Handhabung die Krone unbedingt wieder  
festzuschrauben.

\* La couronne doit toujours être en position normale  
/ Serrer à fond la vis de blocage de la couronne

\* Coloque la corona en su posición habitual / Apriete  
por completo el cierre de la corona

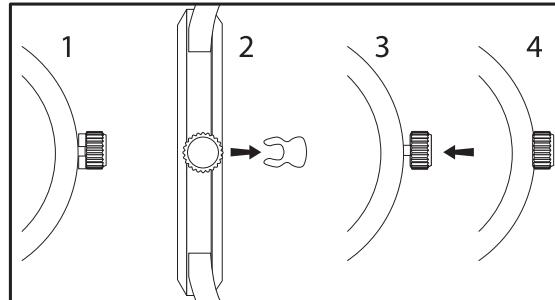
\* Sempre ajuste a coroa na posição normal / Aperte a  
rosca da coroa completamente.

\* リューズは常に通常位置に設定してください。  
ネジ込み式リューズは完全に閉めた状態で着用  
してください。

\* 务必把表把设定在正常位置/完全扭紧螺丝锁入式表把。

\* Всегда возвращайте заводную головку в исходное  
положение. / Затягивайте винтовой стопор до  
упора.

- When the watch is underwater or wet, never use the pushers/ bezels, or set the time. Watch cases and metal bracelets should be rinsed thoroughly in fresh water after being in salt water.
- Non utilizzare mai pulsanti/ corone né impostare l'ora quando l'orologio è sott'acqua o bagnato. Si consiglia di sciacquare con acqua di rubinetto cassa e bracciale dell'orologio nel caso in cui siano stati immersi in acqua salata
- Betätigen Sie niemals die Druckknöpfe/ Einstellringe und stellen Sie niemals die Zeit ein, wenn sich die Uhr unter Wasser befindet oder naß ist. Uhrengehäuse und Metallarmbänder sollten, nachdem sie Salzwasser ausgesetzt waren, gründlich abgespült werden.
- Quand la montre est sous l'eau ou qu'elle est mouillée, n'actionnez jamais les boutons ou la couronne, ne réglez pas l'heure. Il est recommandé de rincer abondamment la montre à l'eau courante si les boîtiers et les bracelets métalliques ont été au contact de l'eau de mer.
- Cuando el reloj esté bajo el agua o se encuentre mojado, nunca oprima los botones ni ajuste la hora. Los relojes y brazaletes de metal deberán enjuagarse con abundante agua del grifo después de usarse en agua salada.
- Quando o relógio estiver submerso ou molhado, nunca utilize os puxadores / biséis, nem ajuste a hora. As caixas dos relógios e as correias de metal devem ser enxaguadas completamente em água doce depois de terem estado em água salgada.
- 水中ではボタン操作、時刻合わせ、ベゼルを回転させるなどの動作は行わないでください。また時計が塩水に浸かった場合は使用後、必ず淡水ですすいでください。
- 風呂、サウナでの着用、および放置はお避けください。高温と湿度(水分)が組合わさることにより防水機能に支障が生じる場合があります。
- 当手表在水中或沾湿时，切勿使用按的或表圈，或设定时间。表壳和金属表带接触海水后，应用清水彻底洗干净。
- Если часы находятся в воде или в мокром состоянии, никогда не нажимайте на кнопки, не вращайте бежель и не устанавливайте время. После использования часов в соленой воде часовую камеру и металлический браслет необходимо промыть пресной водой.



1- 2: Pull crown stopper sideways off the crown.

3- 4: Push crown inside to activate the watch.

